

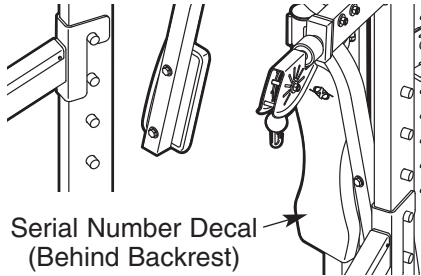
# NordicTrack®

**STRENGTH  
PERFORMANCE  
SYSTEM**

Model No. NTB49030

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge.

**CUSTOMER HOT LINE:**

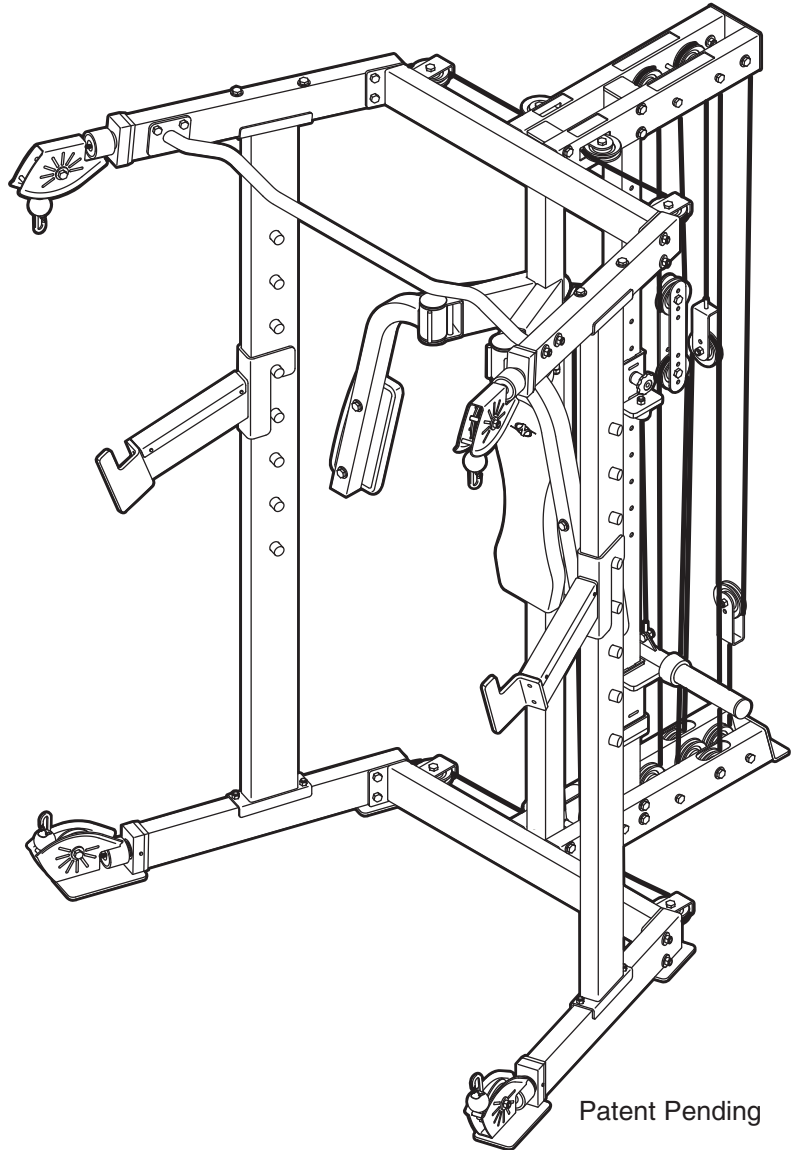
**1-888-825-2588**

Mon.–Fri., 6 a.m.–6 p.m. MST

## **⚠ CAUTION**

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## USER'S MANUAL



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*new products, prizes,  
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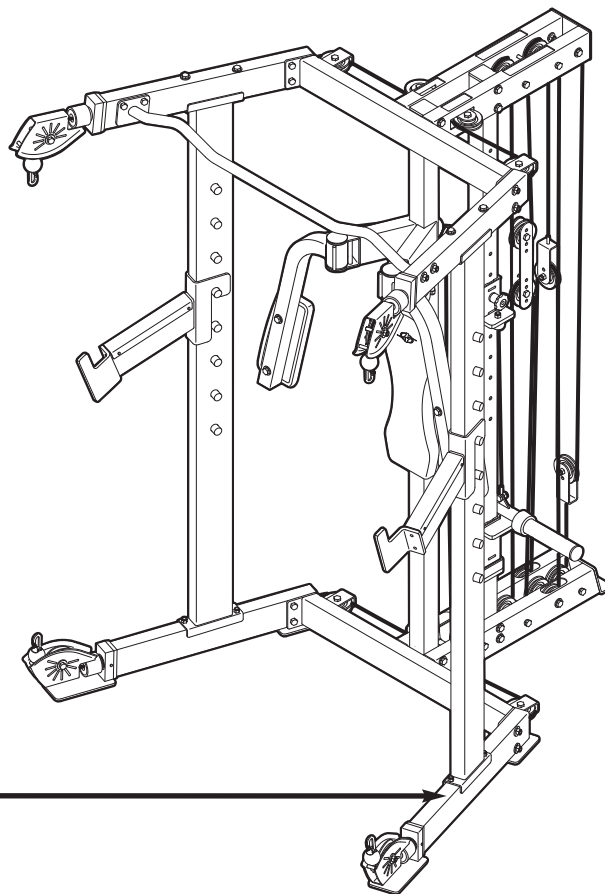
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight rack. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.

**⚠ WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.



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# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor.
5. Make sure all parts are properly tightened each time the weight rack is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight rack at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always set both weight rests at the same height.
10. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
11. The weight rack is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 610 pounds. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage. Note: The weight rack is designed to be used with an Olympic barbell. The weight rack does not include a barbell or weights.
12. Always place an equal amount of weight on each side of the weight carriage or barbell.
13. Always secure the weights with the weight clips when they are mounted on the weight carriage.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

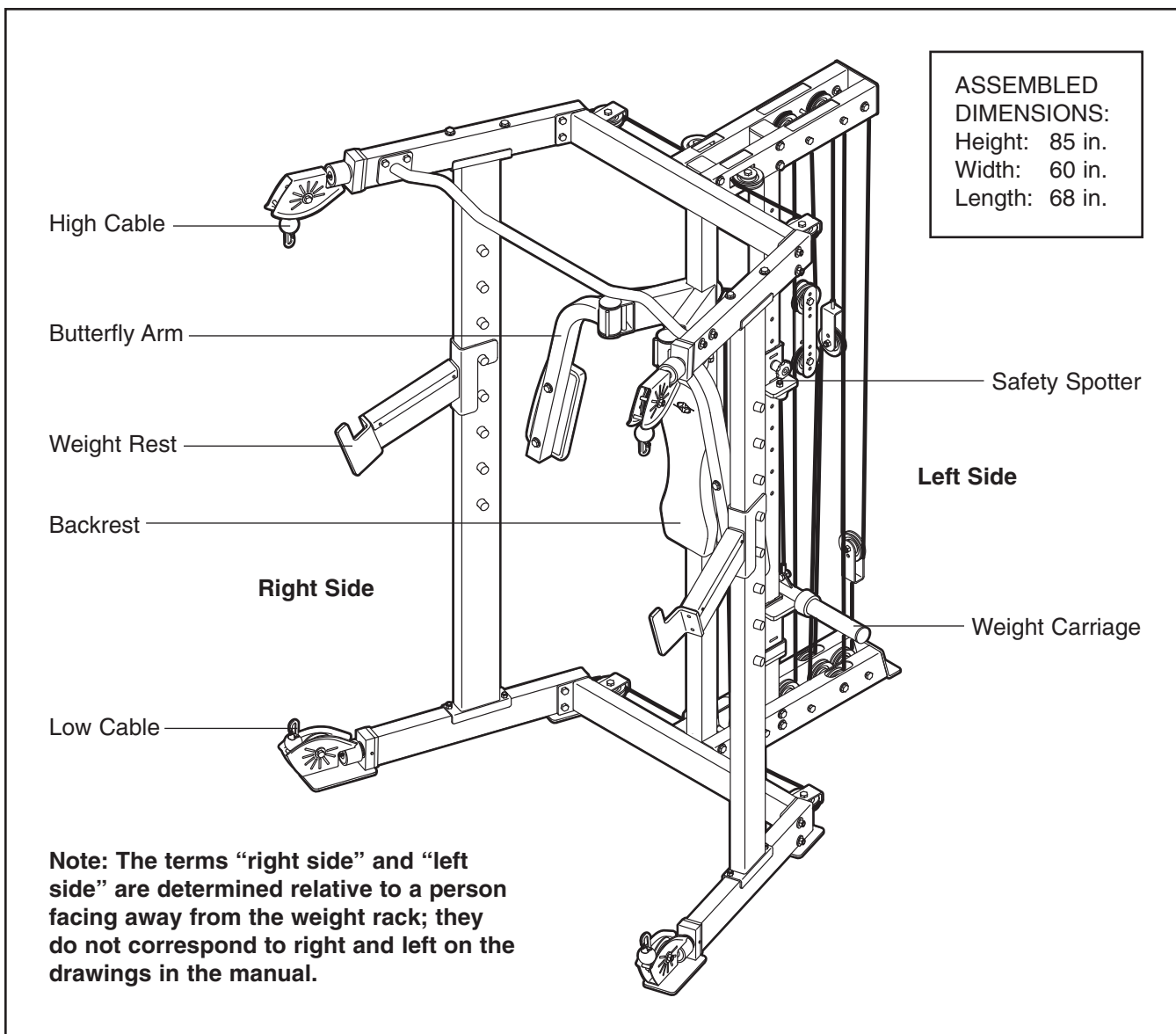
# BEFORE YOU BEGIN

Thank you for selecting the NordicTrack® STRENGTH PERFORMANCE SYSTEM weight rack. The weight rack offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight rack will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight rack attachment.** If you have addi-

tional questions, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTB49030. The serial number can be found on a decal attached to the weight rack (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

## Make Things Easier for Yourself





Everything in this manual is designed to ensure that the weight rack can be assembled successfully by anyone. However, it is important to realize that the versatile weight rack has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight rack, make sure all parts are oriented as shown in the drawings.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

**The following tools (not included) are required for assembly:**

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

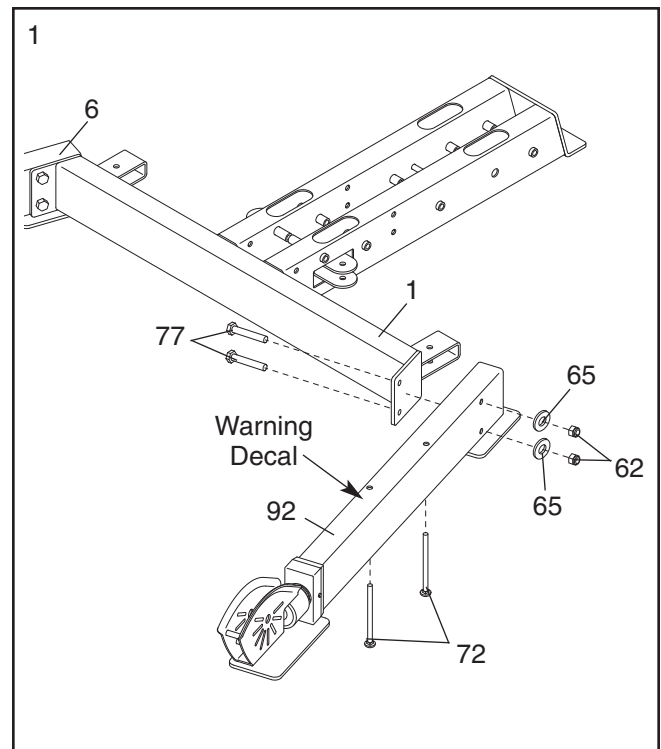
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above.**

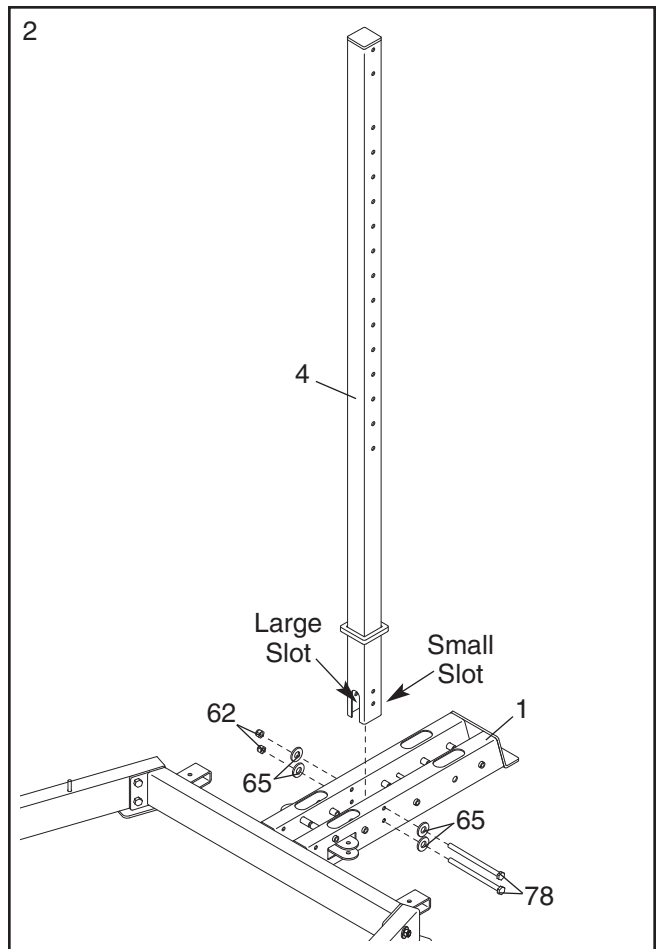
Insert two M10 x 118mm Carriage Bolts (72) up through the Left Stabilizer (92), which has a warning decal in the indicated location. **Note: It may be helpful to place tape over the heads of the Carriage Bolts to hold them in place.**

Attach the Left Stabilizer (92) to the Base (1) with two M10 x 70mm Button Bolts (77), two M10 Washers (65), and two M10 Nylon Locknuts (62). **Do not tighten the Locknuts yet.**

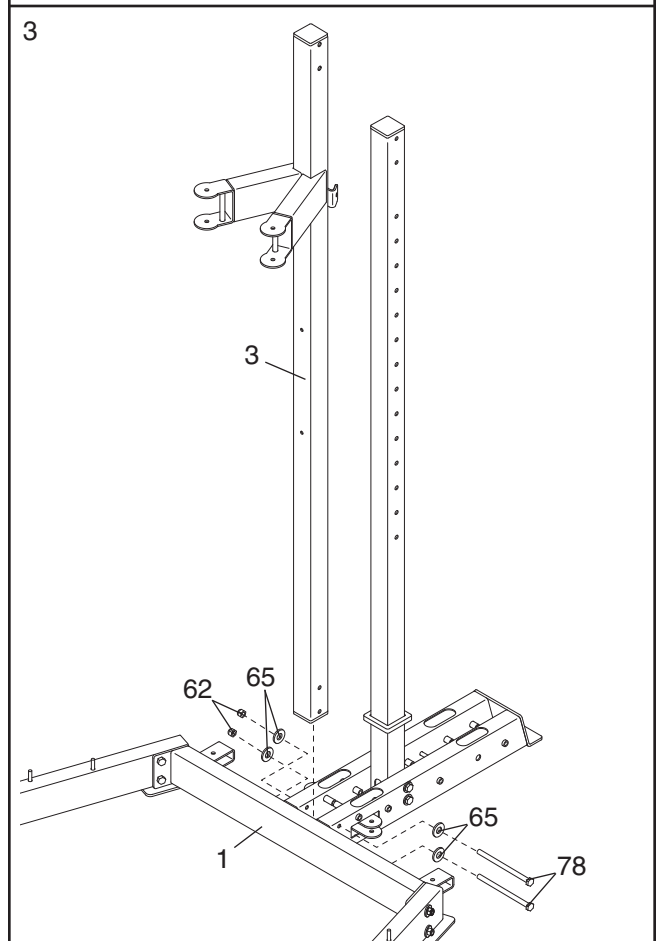
**Repeat this step with the Right Stabilizer (6).**



2. Attach the Rear Upright (4) to the Base (1) with two M10 x 178mm Button Bolts (78), four M10 Washers (65), and two M10 Nylon Locknuts (62). **Make sure the large slot in the Upright is on the indicated side. Do not tighten the Locknuts yet.**



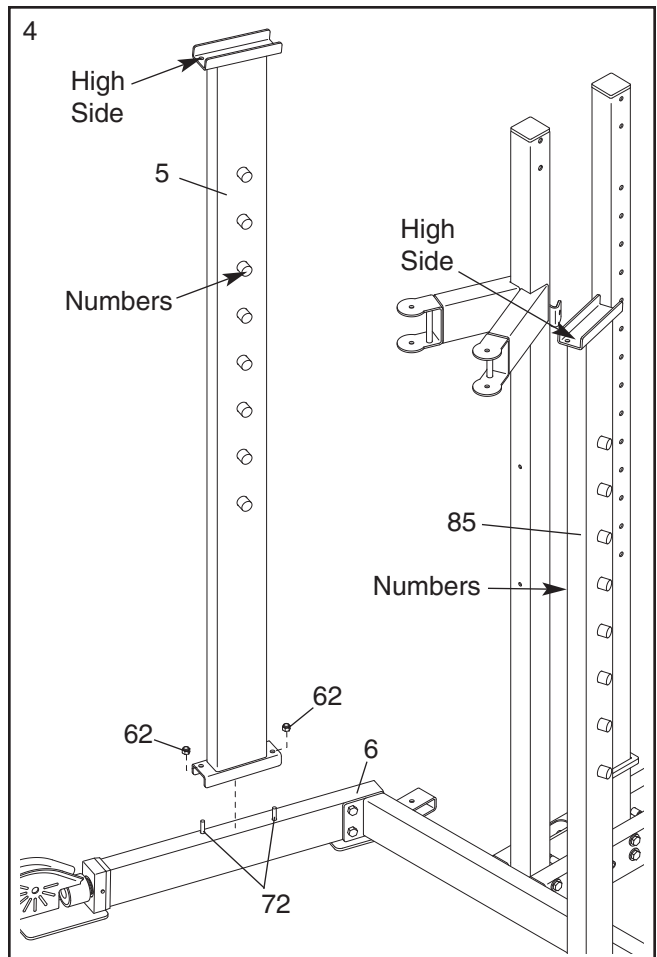
3. Attach the Center Upright (3) to the Base (1) with two M10 x 178mm Button Bolts (78), four M10 Washers (65), and two M10 Nylon Locknuts (62). **Do not tighten the Locknuts yet.**



- Identify the Right and Left Uprights (5, 85) by the location of the numbers and the high side of the Upright.

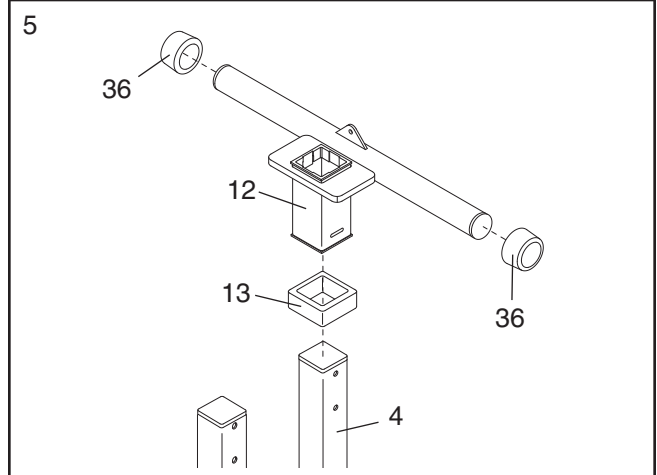
Orient the Right Upright (5) as shown and attach it to the Right Stabilizer (6) with the two M10 x 118mm Carriage Bolts (72) and two M10 Nylon Locknuts (62). **Do not tighten the Locknuts yet.**

**Attach the Left Upright (85) to the Left Stabilizer (not shown) in the same manner.**

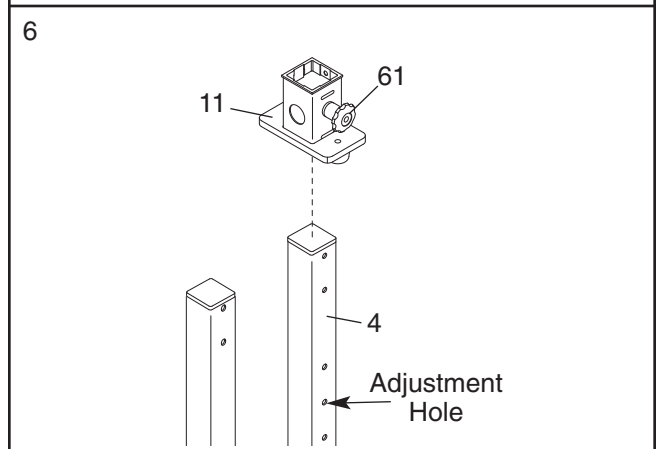


- Slide two Weight Stops (36) onto the Weight Carriage (12).

Slide the Carriage Stop (13) and the Weight Carriage (12) onto the Rear Upright (4) as shown.

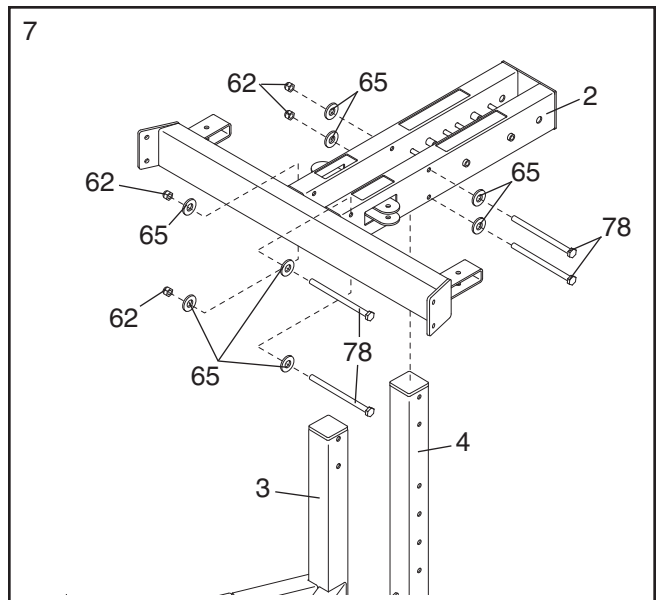


- Pull the Pop Pin (61) out as far as it will go and slide the Safety Spotter (11) onto the Rear Upright (4). Engage the Pop Pin into an adjustment hole in the Upright.



- Attach the Center Top Frame (2) to the Rear Upright (4) with two M10 x 178mm Button Bolts (78), four M10 Washers (65), and two M10 Nylon Locknuts (62). **Do not tighten the Locknuts yet.**

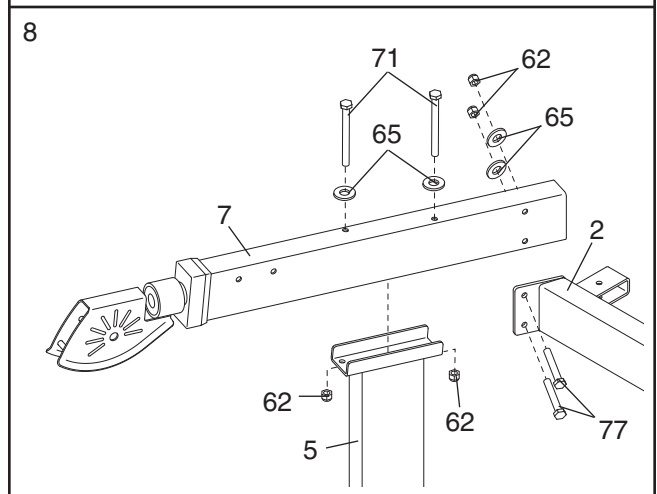
**Attach the Center Top Frame (2) to the Center Upright (3) in the same manner.**



- Attach a Side Top Frame (7) to the Right Upright (5) with two M10 x 120mm Button Bolts (71), two M10 Washers (65), and two M10 Nylon Locknuts (62). **Do not tighten the Locknuts yet.**

Attach the Side Top Frame (7) to the Center Top Frame (2) with two M10 x 70mm Button Bolts (77), two M10 Washers (65), and two M10 Nylon Locknuts (62). **Do not tighten the Locknuts yet.**

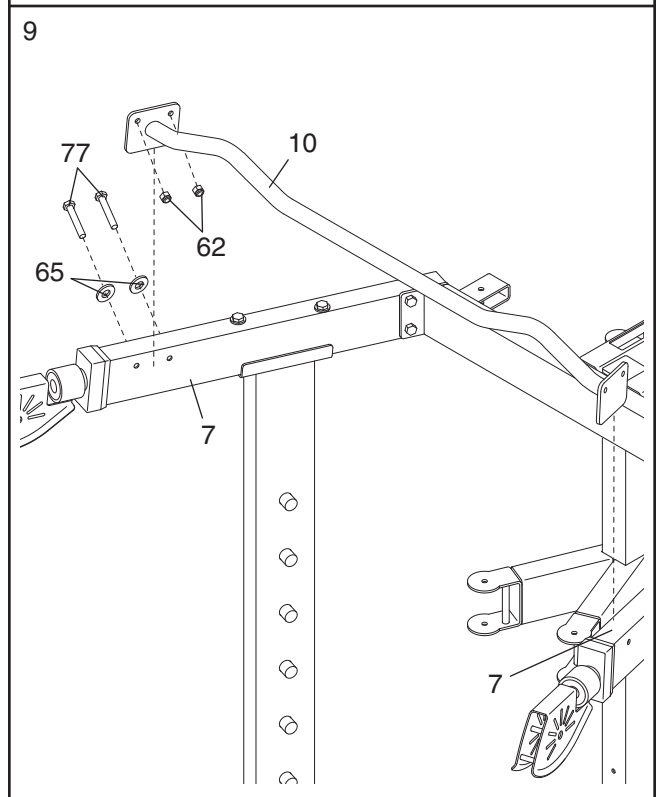
**Attach the other Side Top Frame (not shown) to the Left Upright (not shown) and the Center Top Frame (2) in the same manner.**



- Orient the Chin-up Bar (10) as shown. Attach the Chin-up Bar to a Side Top Frame (7) with two M10 x 70mm Button Bolts (77), two M10 Washers (65), and two M10 Nylon Locknuts (62). **Do not tighten the Locknuts yet.**

**Attach the Chin-up Bar (10) to the other Side Top Frame (7) in the same manner.**

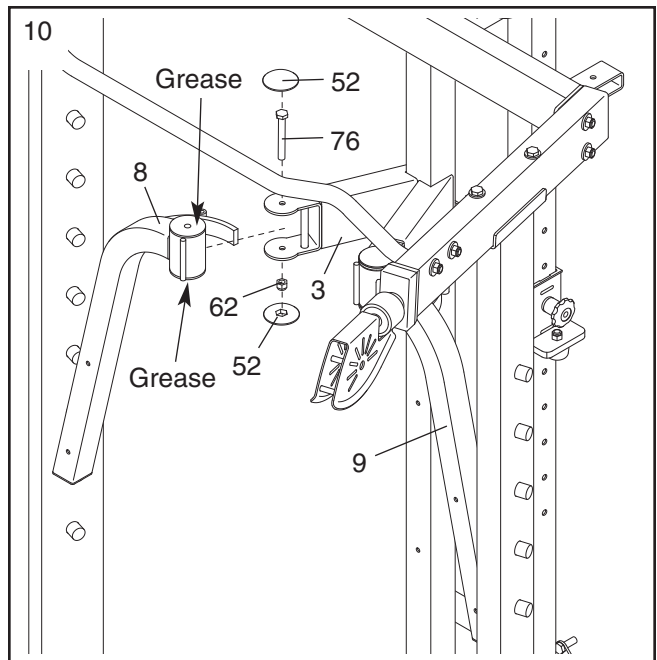
**Tighten the M10 Nylon Locknuts (62) used in steps 1–9.**





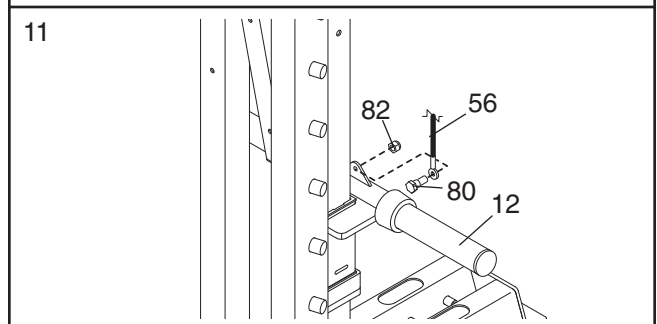
10. Grease an M10 x 112mm Bolt (76) and the Right Butterfly Arm (8) in the indicated locations. Attach the Arm to the Center Upright (3) with the Bolt, an M10 Nylon Locknut (62), and two Butterfly Bolt Caps (52). **Do not overtighten the Locknut; the Butterfly Arm must be able to pivot easily.**

Repeat this step with the Left Butterfly Arm (9).

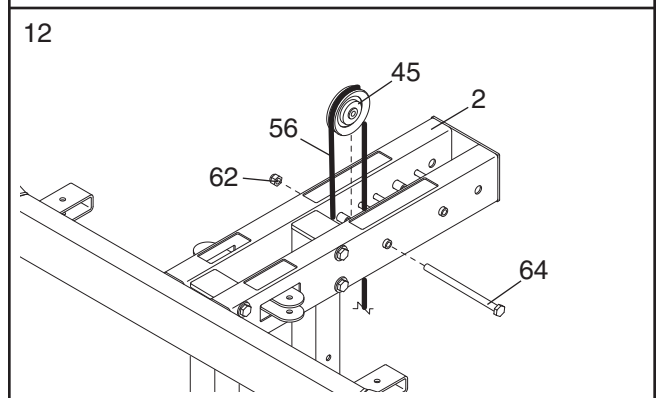


11. During steps 11–49, see the CABLE DIAGRAMS on pages 21 and 22 of this manual to verify proper cable routing and for cable identification.

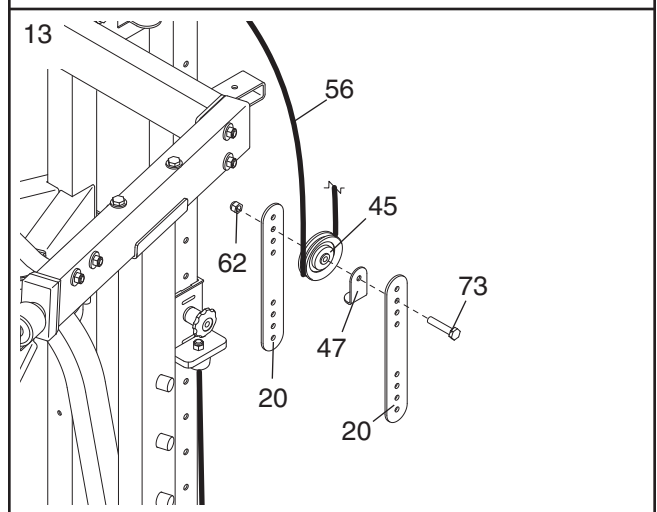
**Locate the Carriage Cable (56).** Insert an M8 x 19mm Shoulder Bolt (80) through the eyelet on the Cable and the Weight Carriage (12). Tighten an M8 Nylon Locknut (82) onto the Bolt.



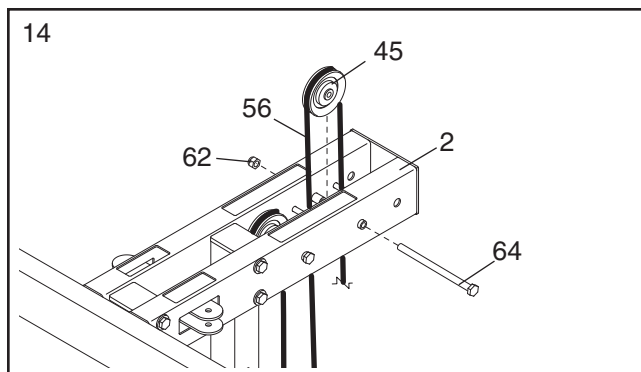
12. Wrap the Carriage Cable (56) over a 3 1/2" Pulley (45). Attach the Pulley to the Center Top Frame (2) with an M10 x 192mm Button Bolt (64) and an M10 Nylon Locknut (62).



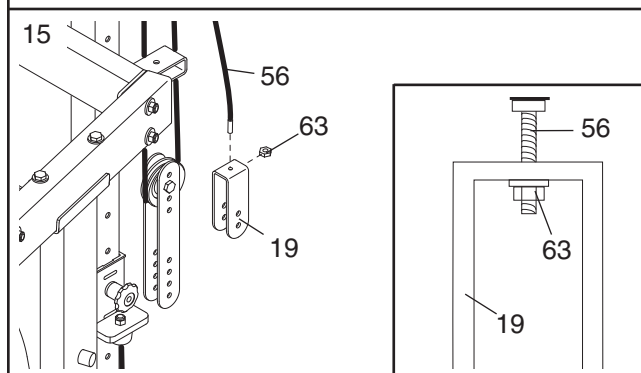
13. Wrap the Carriage Cable (56) under a 3 1/2" Pulley (45). Attach the Pulley and a Short Cable Trap (47) at the second set of holes from the top of the two Pulley Plates (20) with an M10 x 54mm Button Bolt (73) and an M10 Nylon Locknut (62). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



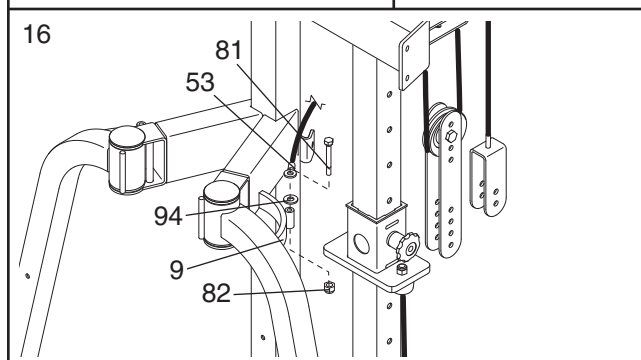
14. Wrap the Carriage Cable (56) over a 3 1/2" Pulley (45). Attach the Pulley to the Center Top Frame (2) with an M10 x 192mm Button Bolt (64) and an M10 Nylon Locknut (62).



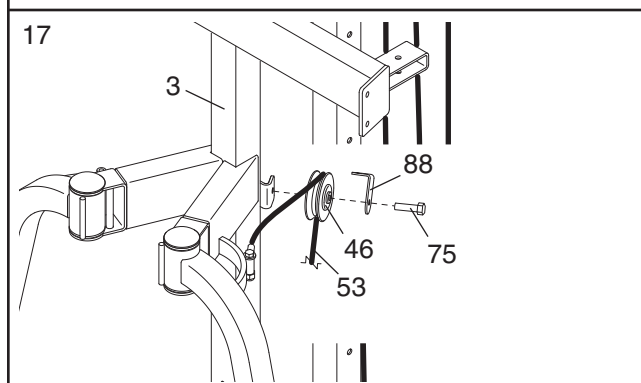
15. Attach the end of the Carriage Cable (56) to a "U"-bracket (19) with an M6 Nylon Locknut (63). **Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**



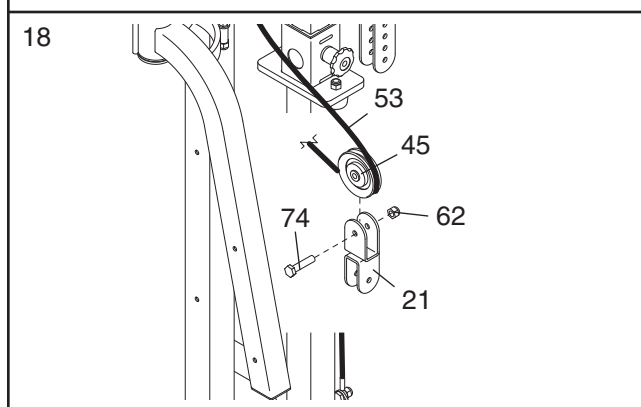
16. **Locate the Butterfly Cable (53).** Attach the Cable to the Left Butterfly Arm (9) with an M8 x 45mm Shoulder Bolt (81), an M8 Washer (94), and an M8 Nylon Locknut (82).



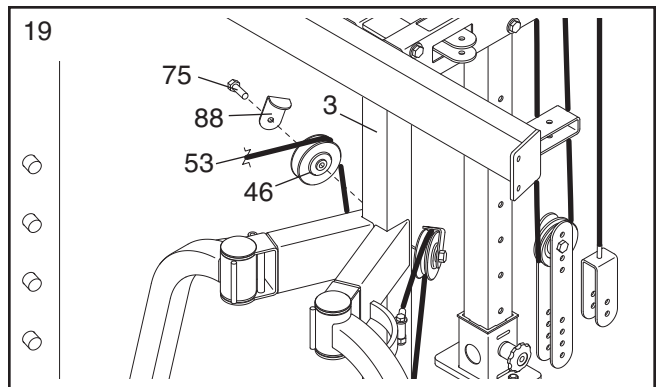
17. Wrap the Butterfly Cable (53) over a "V"-pulley (46). Attach the "V"-pulley and a Long Cable Trap (88) to the Center Upright (3) with an M10 x 58mm Button Bolt (75). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



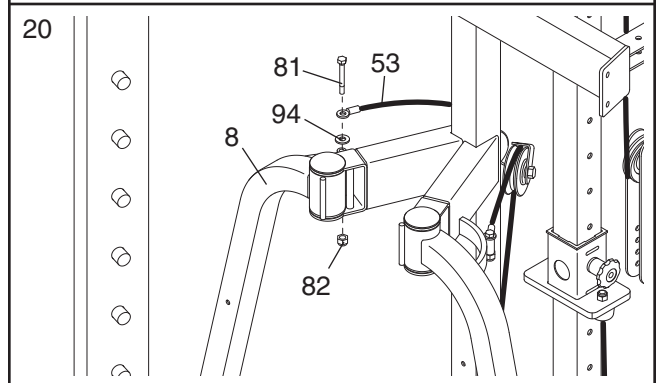
18. Wrap the Butterfly Cable (53) under a 3 1/2" Pulley (45). Attach the Pulley to the Double "U"-bracket (21) with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62).



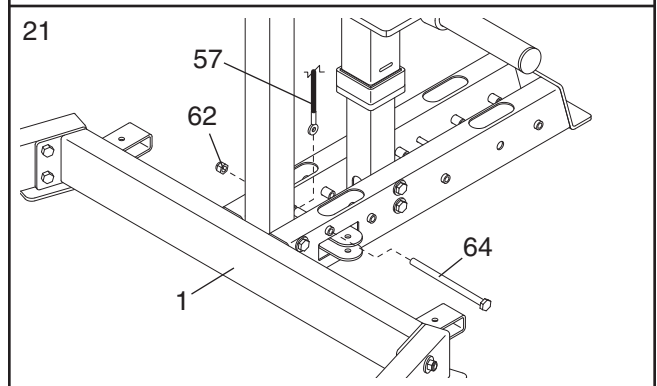
19. Wrap the Butterfly Cable (53) over a “V”-pulley (46). Attach the “V”-pulley and a Long Cable Trap (88) to the Center Upright (3) with an M10 x 58mm Button Bolt (75). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



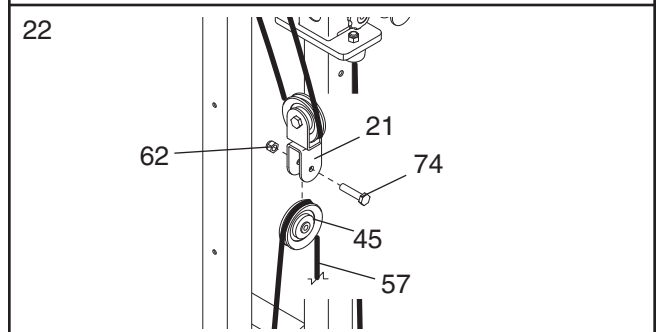
20. Attach the Butterfly Cable (53) to the Right Butterfly Arm (8) with an M8 x 45mm Shoulder Bolt (81), an M8 Washer (94), and an M8 Nylon Locknut (82).



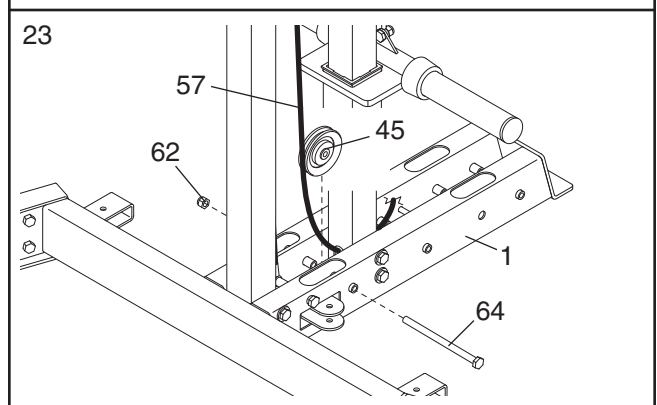
21. **Locate the Base Cable (57).** Attach the eyelet of the Cable to the Base (1) with an M10 x 192mm Button Bolt (64) and an M10 Nylon Locknut (62).



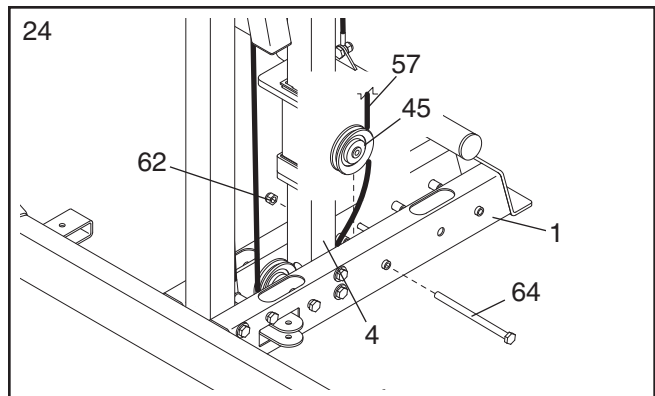
22. Wrap the Base Cable (57) over a 3 1/2” Pulley (45). Attach the Pulley to the Double “U”-bracket (21) with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62).



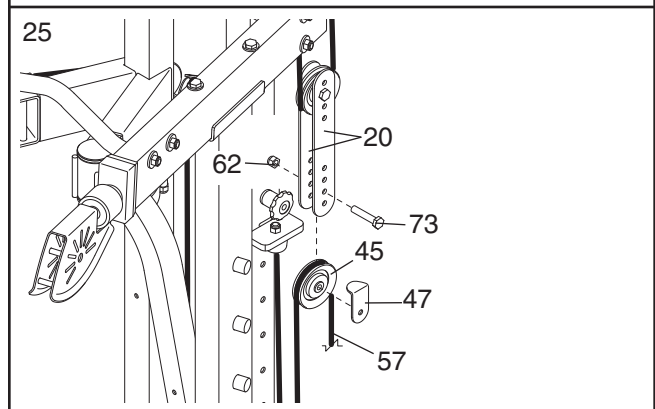
23. Wrap the Base Cable (57) under a 3 1/2” Pulley (45). Attach the Pulley to the Base (1) with an M10 x 192mm Button Bolt (64) and an M10 Nylon Locknut (62).



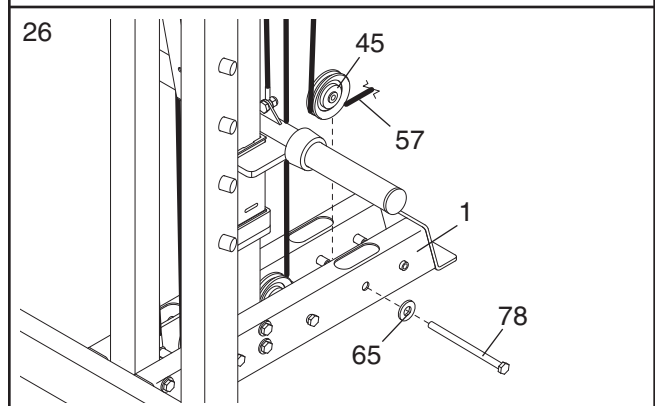
24. Route the Base Cable (57) under the Rear Upright (4) and a 3 1/2" Pulley (45). Attach the Pulley to the Base (1) with an M10 x 192mm Button Bolt (64) and an M10 Nylon Locknut (62).



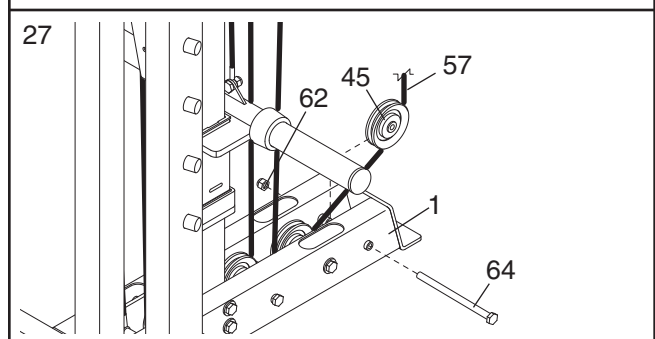
25. Wrap the Base Cable (57) over a 3 1/2" Pulley (45). Attach the Pulley and a Short Cable Trap (47) at the second set of holes from the bottom of the two Pulley Plates (20) with an M10 x 54mm Button Bolt (73) and an M10 Nylon Locknut (62). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



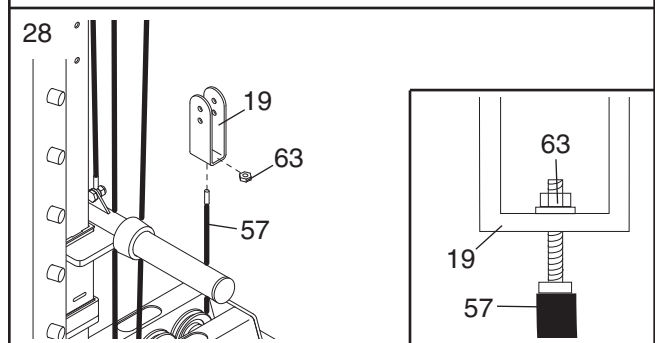
26. Wrap the Base Cable (57) under a 3 1/2" Pulley (45). Attach the Pulley to the Base (1) with an M10 x 178mm Button Bolt (78) and an M10 Washer (65). **Note: A nylon locknut will be attached to the Bolt in step 45.**



27. Wrap the Base Cable (57) under a 3 1/2" Pulley (45). Attach the Pulley to the Base (1) with an M10 x 192mm Button Bolt (64) and an M10 Nylon Locknut (62).



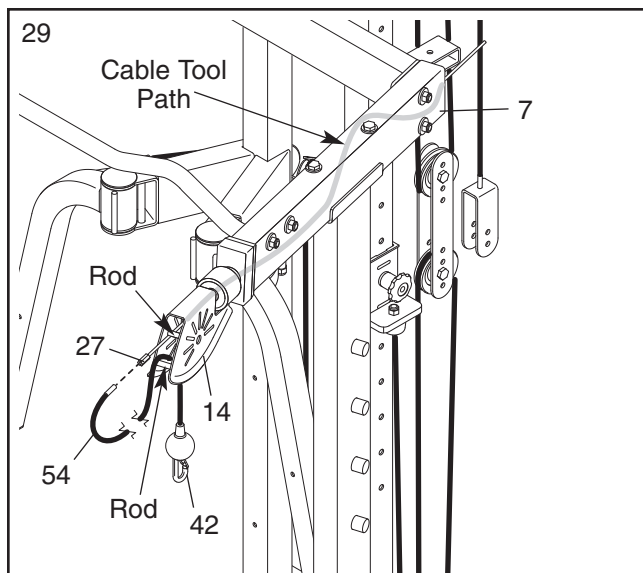
28. Attach the end of the Base Cable (57) to a "U"-bracket (19) with an M6 Nylon Locknut (63). **Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**



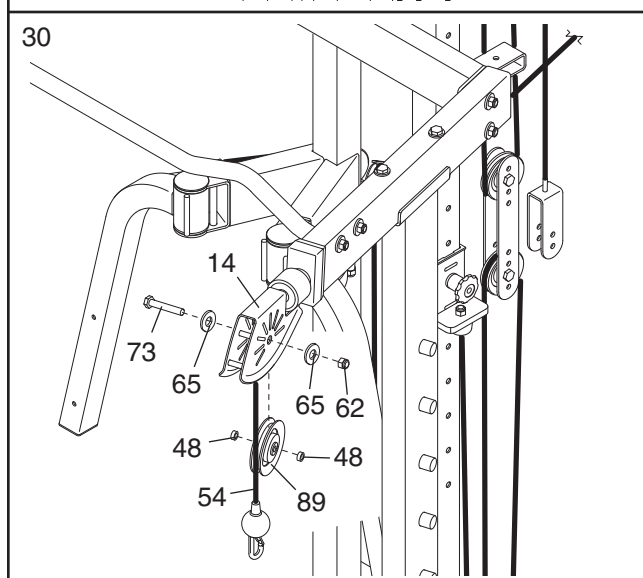
29. Route the Cable Tool (27) through the indicated Side Top Frame (7). **Make sure that the Cable Tool is routed around the bolts in the Top Frame as indicated; if the High Cable (54) rubs against a bolt, damage may occur.**

**Locate the High Cable (54).** Thread the end of the Cable without the Clip (42) into the Cable Tool (27). **Make sure the Cable is inside of the indicated rods on the Swivel Arm (14).**

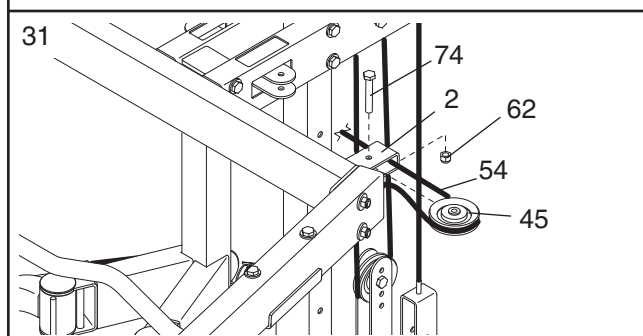
Pull the High Cable (54) through the Side Top Frame (7) and remove it from the Cable Tool (27).



30. Attach a 4" Pulley (89) inside the Swivel Arm (14) with an M10 x 54mm Button Bolt (73), two M10 Washers (65), two 7mm Spacers (48), and an M10 Nylon Locknut (62). **Make sure the High Cable (54) rests in the groove of the Pulley.**

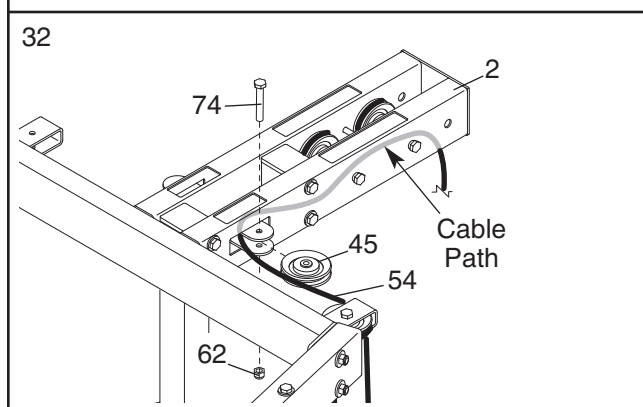


31. Route the High Cable (54) around a 3 1/2" Pulley (45) and through the bracket on the Center Top Frame (2). Attach the Pulley inside the bracket with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62).

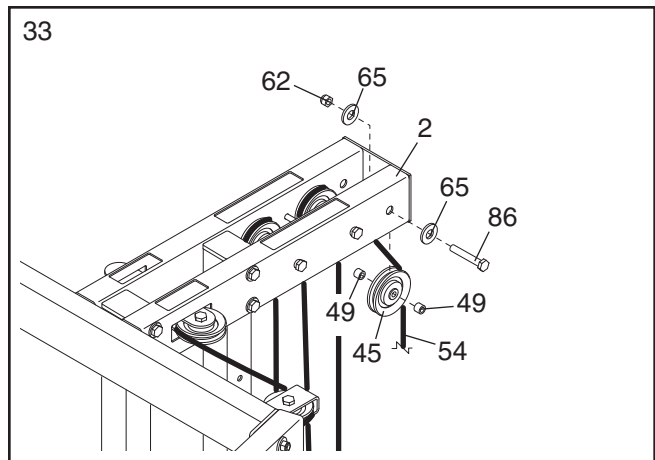


32. Route the High Cable (54) around a 3 1/2" Pulley (45) and through the indicated tube on the Center Top Frame (2). **Make sure the Cable is routed over the bolts as indicated.**

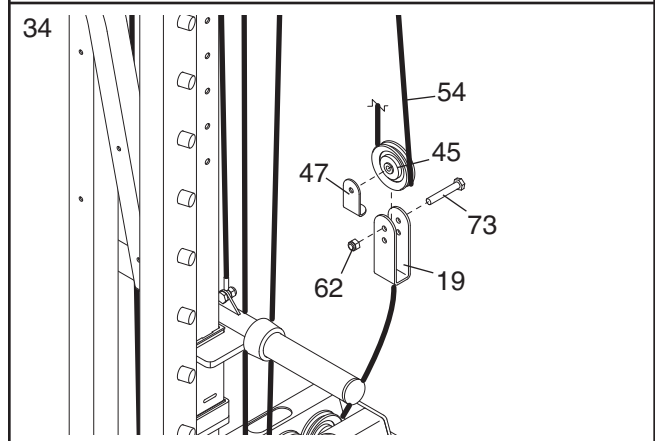
Attach the 3 1/2" Pulley (45) to Center Top Frame (2) with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62).



33. Wrap the High Cable (54) over a 3 1/2" Pulley (45). Attach the Pulley inside the Center Top Frame (2) with an M10 x 65mm Button Bolt (86), two M10 Washers (65), two 12mm Spacers (49), and an M10 Nylon Locknut (62).

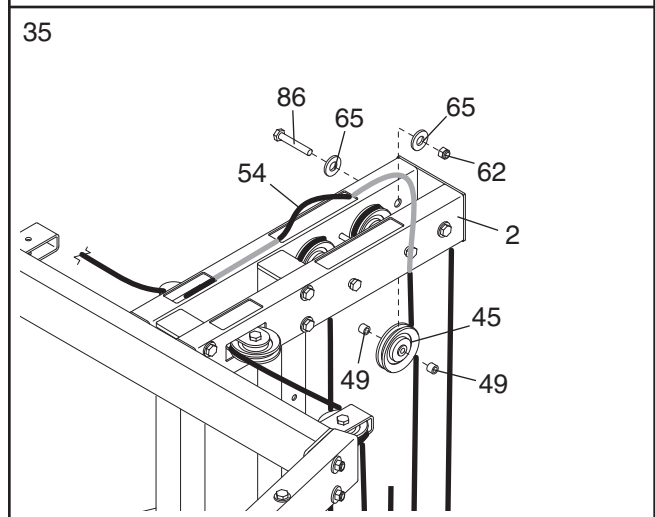


34. Wrap the High Cable (54) under a 3 1/2" Pulley (45). Attach the Pulley and a Short Cable Trap (47) at the top hole in the indicated "U"-bracket (19) with an M10 x 54mm Button Bolt (73) and an M10 Nylon Locknut (62). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



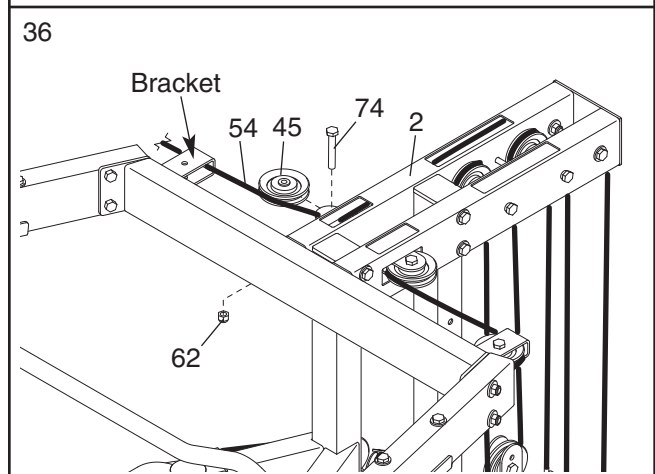
35. Route the High Cable (54) up through the indicated tube on the Center Top Frame (2). **Make sure the Cable is routed over the bolts in the Center Top Frame in the manner shown in step 32.**

Attach a 3 1/2" Pulley (45) inside the Center Top Frame (2), under the High Cable (54), with an M10 x 65mm Button Bolt (86), two M10 Washers (65), two 12mm Spacers (49), and an M10 Nylon Locknut (62). **Make sure the Cable rests in the groove of the Pulley.**



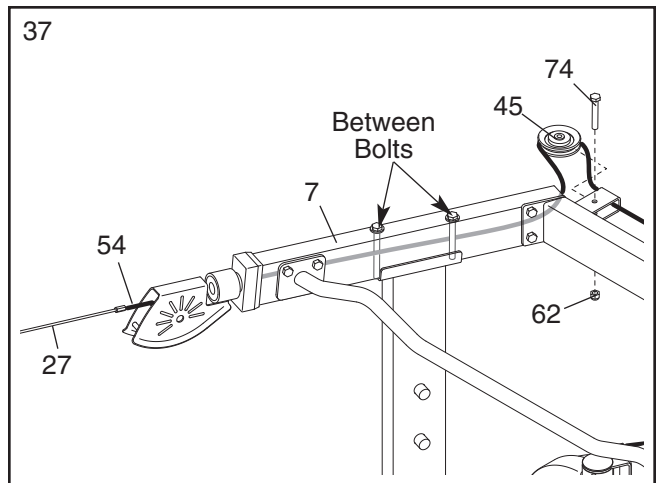
36. Attach a 3 1/2" Pulley (45) to the Center Top Frame (2) with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62). **Make sure the High Cable (54) rests in the groove of the Pulley.**

Route the High Cable (54) through the bracket on the Center Top Frame (2).



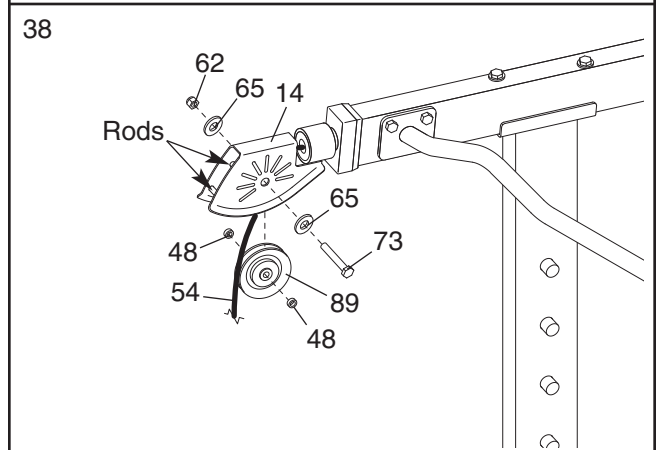
37. Thread the end of the High Cable (54) into the Cable Tool (27). Route the Cable Tool and Cable through the Side Top Frame (7). **Make sure that the Cable Tool is routed through the bolts in the Top Frame as indicated; if the High Cable rubs against a bolt, damage may occur.** Remove the Cable Tool from the Cable.

Hold a 3 1/2" Pulley (45) inside the High Cable (54) as shown. Attach the Pulley inside the bracket on the Center Top Frame (2) with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62).



38. **Make sure the High Cable (54) is routed under the indicated rods on the Swivel Arm (14).**

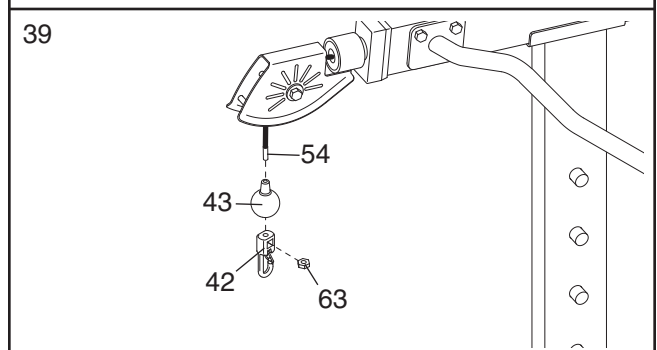
Attach a 4" Pulley (89) inside the Swivel Arm (14) with an M10 x 54mm Button Bolt (73), two M10 Washers (65), two 7mm Spacers (48), and an M10 Nylon Locknut (62). **Make sure the High Cable (54) rests in the groove of the Pulley.**



39. Slide a Clip Cover (43) onto the High Cable (54).

Hold an M6 Nylon Locknut (63) inside a Clip (42), and insert the High Cable (54) into the Clip and the Locknut. Insert a screwdriver between the Locknut and the Clip. Rotate the screwdriver, the Clip, and the Locknut together until two threads of the Cable show past the Locknut.

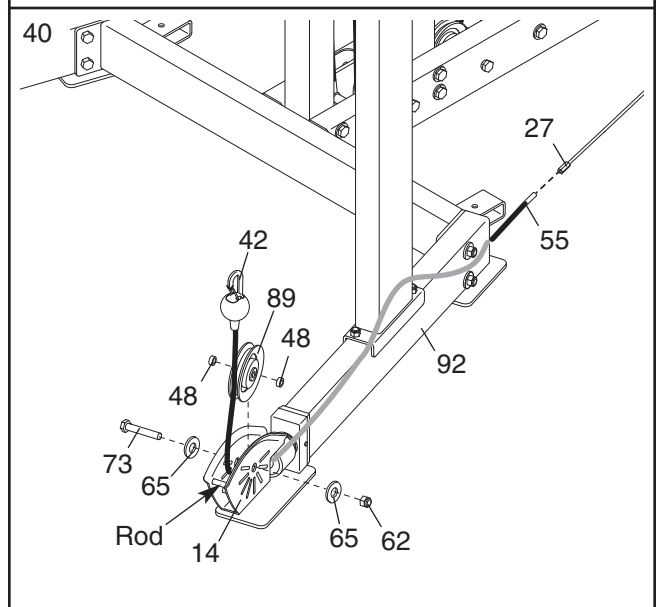
Slide the Clip Cover (43) over the Clip (42).



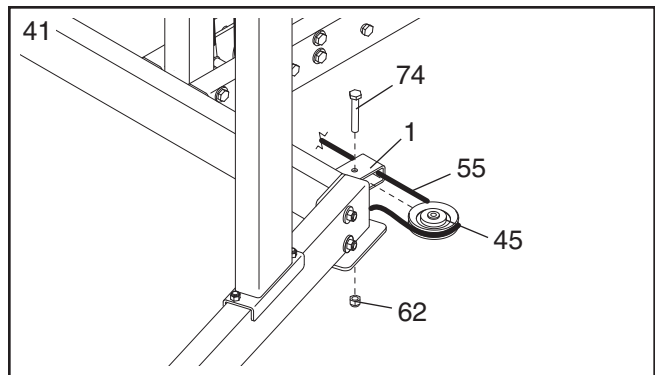
40. Route the Cable Tool (27) through the Left Stabilizer (92). **Make sure that the Cable Tool is routed around the bolts in the Stabilizer as indicated; if the Low Cable (55) rubs against a bolt, damage may occur.**

**Locate the Low Cable (55).** Thread the end of the Cable without the Clip (42) into the Cable Tool (27). **Make sure the Cable is inside the indicated rod on the Swivel Arm (14).** Pull the Cable through the Left Stabilizer (92). Remove the Cable from the Cable Tool.

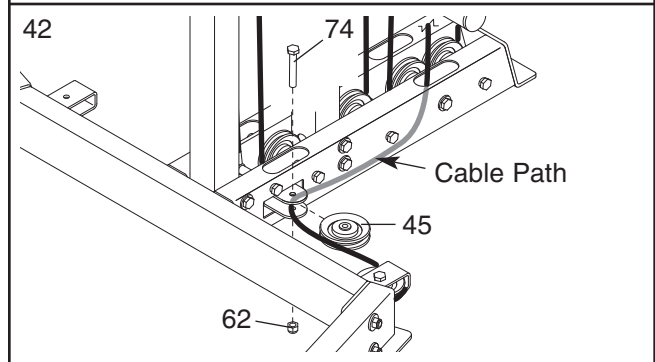
Attach a 4" Pulley (89) inside the Swivel Arm (14) with an M10 x 54mm Button Bolt (73), two M10 Washers (65), two 7mm Spacers (48), and an M10 Nylon Locknut (62). **Make sure the Low Cable rests in the groove of the Pulley.**



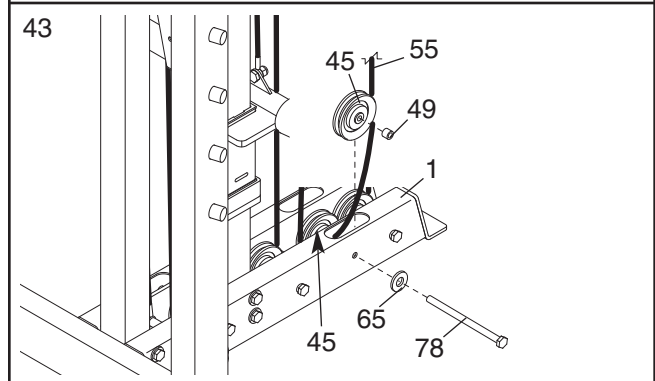
41. Route the Low Cable (55) around a 3 1/2" Pulley (45) and through the bracket on the Base (1). Attach the Pulley inside the bracket with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62).



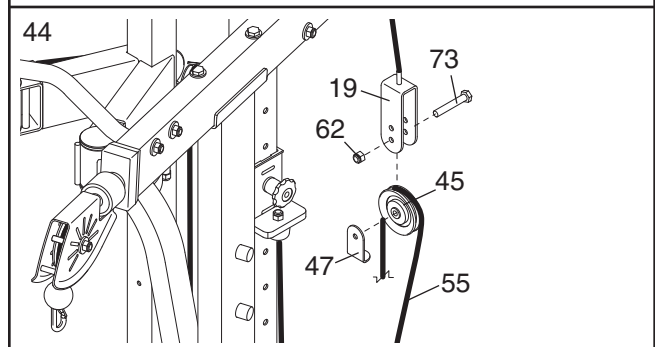
42. Route the Low Cable (55) around a 3 1/2" Pulley (45) and through the bracket on the Base (1). **Make sure the Cable is routed under the bolts in the Base.** Attach the Pulley inside the bracket with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62).



43. Wrap the Low Cable (55) under a 3 1/2" Pulley (45). Attach the Pulley inside the Base (1) with the M10 x 178mm Button Bolt (78) and the M10 Washer (65) used in step 26, and a 12mm Spacer (49). **Make sure the 3 1/2" Pulley (45) attached in step 26 is reattached to the Base as shown in step 26.**

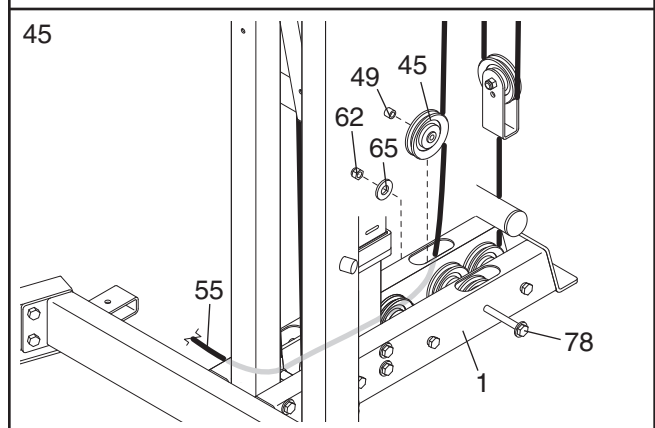


44. Wrap the Low Cable (55) over a 3 1/2" Pulley (45). Attach the Pulley and a Short Cable Trap (47) at the bottom hole in the indicated "U"-bracket (19) with an M10 x 54mm Button Bolt (73) and an M10 Nylon Locknut (62). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



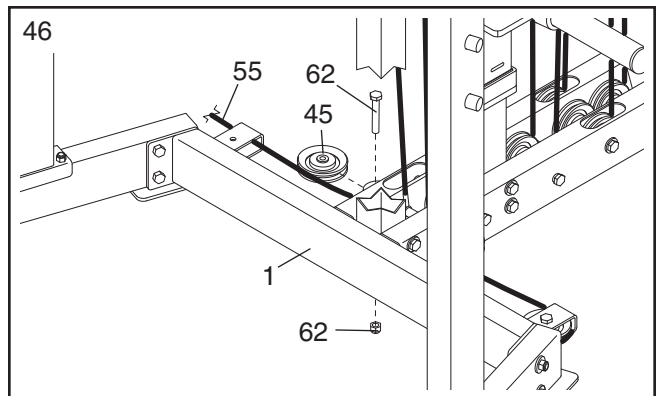
45. Route the Low Cable (55) through the Base (1) in the manner shown in step 42. **Make sure the Cable is routed under the bolts in the Base (1).**

Hold a 3 1/2" Pulley (45) over the Low Cable (55). Attach the Pulley inside the Base (1) with the M10 x 178mm Button Bolt (78) used in step 43, a 12mm Spacer (49), an M10 Washer (65), and an M10 Nylon Locknut (62).

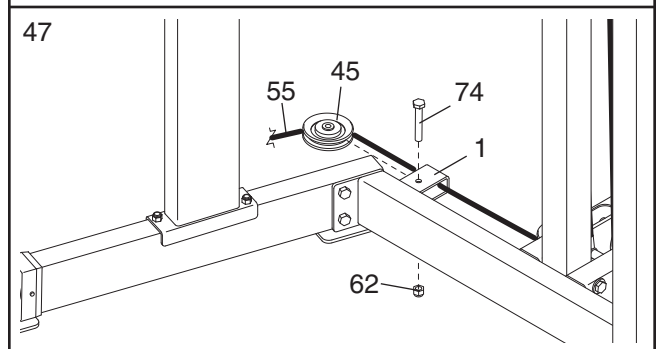




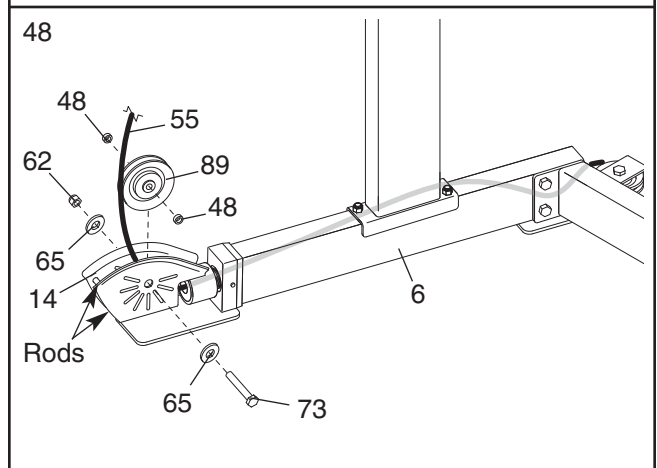
46. Route the Low Cable (55) around a 3 1/2" Pulley (45) and through the bracket on the Base (1). Attach the Pulley inside the Base with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62). **Make sure the Cable is in the groove of the Pulley.**



47. Wrap the Low Cable (55) around a 3 1/2" Pulley (45). Attach the Pulley inside the bracket on the Stabilizer (1) with an M10 x 48mm Button Bolt (74) and an M10 Nylon Locknut (62).

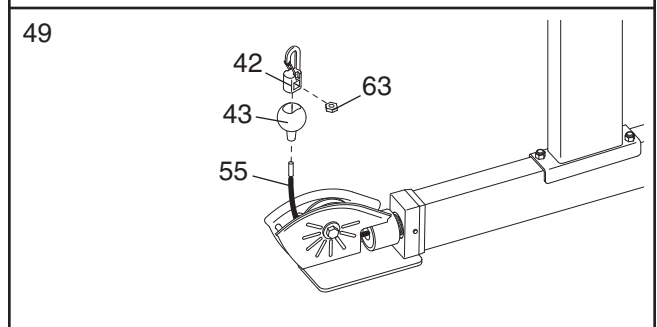


48. Thread the end of the Low Cable (55) into the Cable Tool (not shown). Route the Cable Tool and Cable through the Right Stabilizer (6). **Make sure that the Cable Tool is routed around the bolts in the Stabilizer as indicated; if the Cable rubs against a bolt, damage may occur.** Remove the Cable from the Cable Tool. **Make sure the Low Cable is routed over the rods on the Swivel Arm (14).**



Attach a 4" Pulley (89) inside the Swivel Arm (14) with an M10 x 54mm Button Bolt (73), two M10 Washers (65), two 7mm Spacers (48), and an M10 Nylon Locknut (62). **Make sure the Low Cable (55) rests in the groove of the Pulley.**

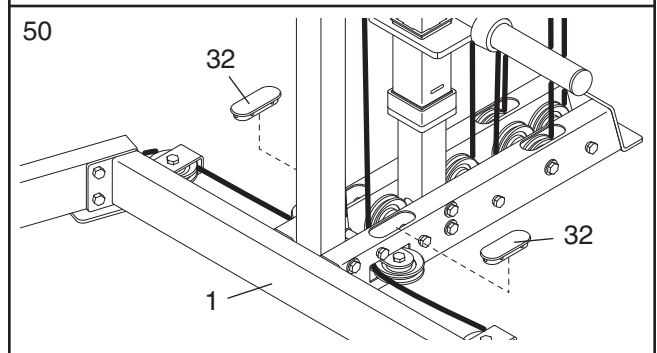
49. Slide a Clip Cover (43) onto the Low Cable (55).



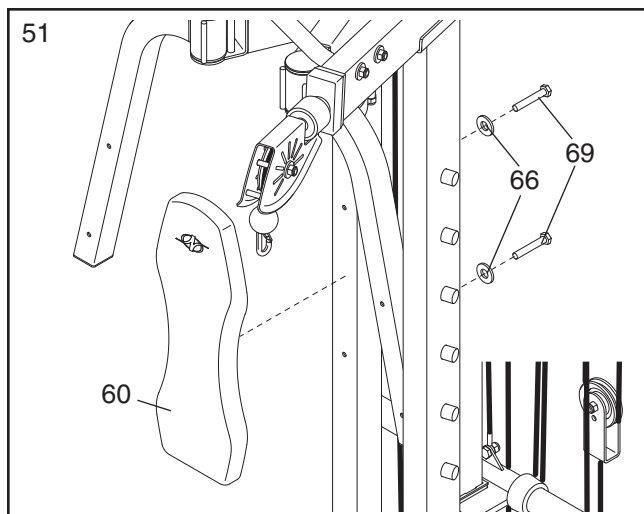
Hold an M6 Nylon Locknut (63) inside a Clip (42), and insert the Low Cable (55) into the Clip and the Locknut. Insert a screwdriver between the Locknut and the Clip. Rotate the screwdriver, the Clip, and the Locknut together until two threads of the Cable show past the Locknut.

Slide the Clip Cover (43) over the Clip (42).

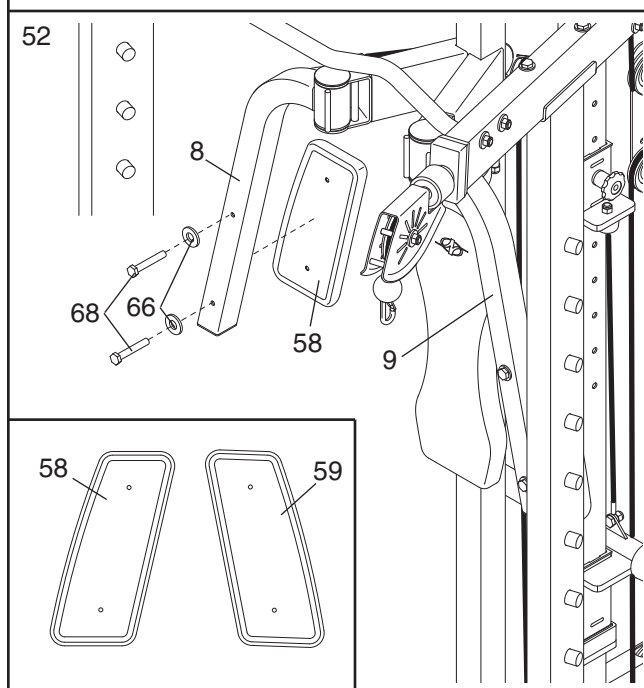
50. Press two Oval Caps (32) into the Base (1).



51. Attach the Backrest (60) to the Center Upright (3) with two M6 x 70mm Screws (69) and two M6 Washers (66).

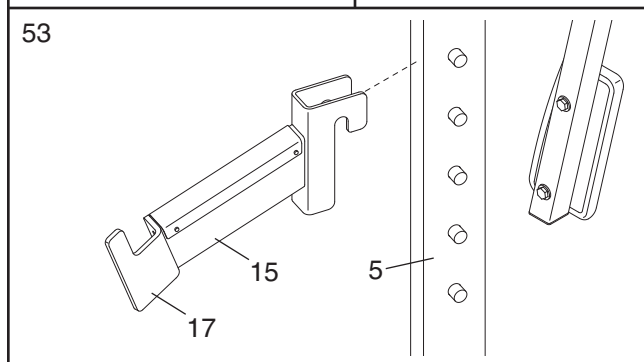


52. Identify the Right Butterfly Pad (58) (see the inset drawing). Attach the Pad to the Right Butterfly Arm (8) with two M6 x 63mm Button Bolts (68) and two M6 Washers (66).



**Attach the Left Butterfly Pad (59) to the Left Butterfly Arm (9) in the same manner.**

53. Locate the Weight Rest (15) with the Right Weight Rest Hook (17) attached to it. Set the hooks on the Weight Rest over a set of knobs on the Right Upright (5).



**Repeat this step with the other Weight Rest (not shown). Always set both Weight Rests (15) at the same height.**

54. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight rack, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 21 and 22 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLESHOOTING AND MAINTENANCE on page 23.**

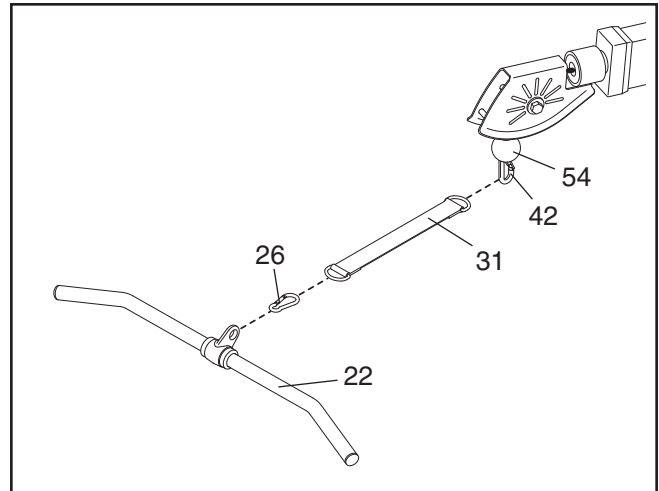
# ADJUSTMENTS

This section explains how to adjust the weight rack. Make sure all parts are properly tightened each time the weight rack is used. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ATTACHING ACCESSORIES

The Curl Bar (22) can be attached to a Clip (42). For some exercises, the 12" Extension Strap (31) should be attached between the Clip and the Curl Bar with a Cable Clip (26).

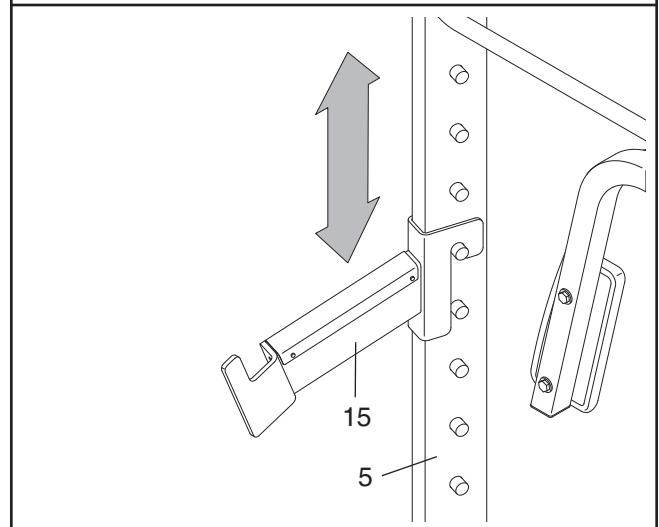
The Curl Bar and the other accessories can be attached to the High Cable (54) or the Low Cable (not shown) in the same manner.



## ADJUSTING THE WEIGHT RESTS

Before performing an exercise that uses a barbell (not included), adjust the Weight Rests (15) to a comfortable height for lifting and replacing the barbell. To move the Weight Rests, lift the hooks on the Weight Rests off the Right Uprights (5, 85 [not shown]). Set the hooks over a new set of knobs on the Uprights.

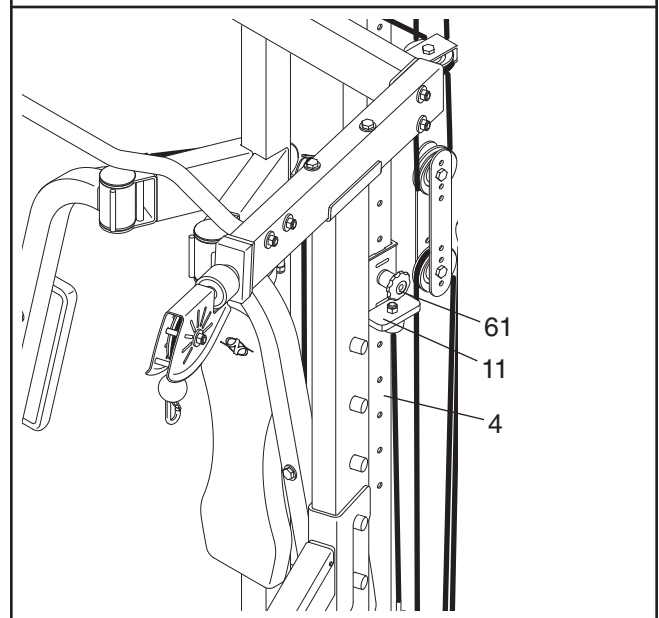
**⚠ WARNING:** Always set both Weight Rests (15) at the same height.



## ADJUSTING THE SAFETY SPOTTER

Before performing an exercise that uses a barbell (not included), adjust the Safety Spotter (11) to the height that is best suited for that exercise. Moving the Safety Spotter will change the distance that the barbell can move.

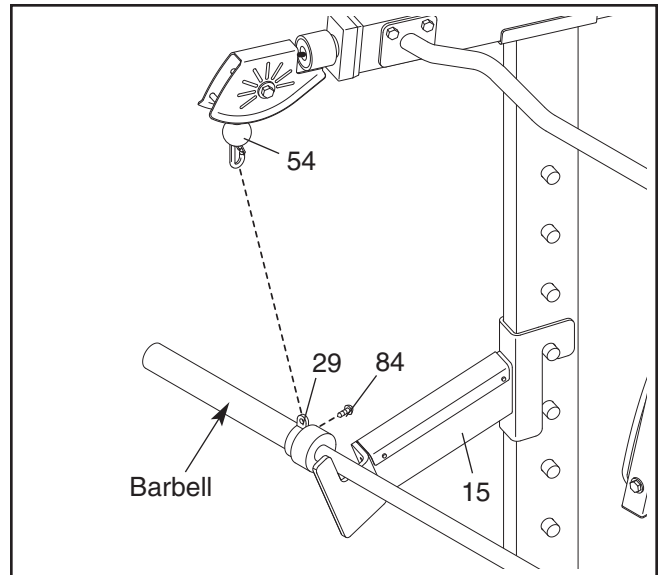
First, attach the barbell to the high cable (see ATTACHING A BARBELL TO THE CABLES, on page 20). Then, pull the Pop Pin (61) out as far as it will go and move the Safety Spotter (11) to the position that will stop the barbell at the lowest point that you want it to go during the exercise. Engage the Pop Pin into an adjustment hole in the Rear Upright (4) and turn it clockwise until it is tight.



## ATTACHING A BARBELL TO THE CABLES

To use a barbell (not included) with the Safety Spotter (not shown), set the barbell on the Weight Rests (15). Slide a Barbell Ring (29) onto each end of the barbell and tighten the M6 x 13mm Button Screw (84). Attach each end of the High Cable (54) to a Barbell Ring.

**⚠ WARNING:** Use only an Olympic barbell (not included) with the Barbell Rings (29). Always disconnect the barbell from the High Cable (54) when performing an exercise that does not require it; the barbell could be lifted off the weight rests and fall.

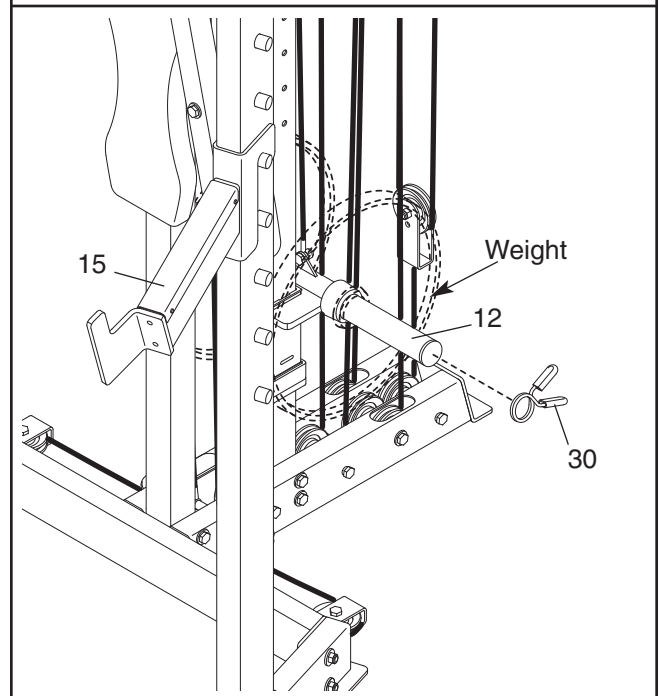


## ADDING WEIGHTS TO THE WEIGHT CARRIAGE OR BARBELL

Slide the desired amount of weight (not included) onto the weight tube on the Weight Carriage (12) or the barbell (not included). Secure the weight to the Weight Carriage with Weight Clips (30).

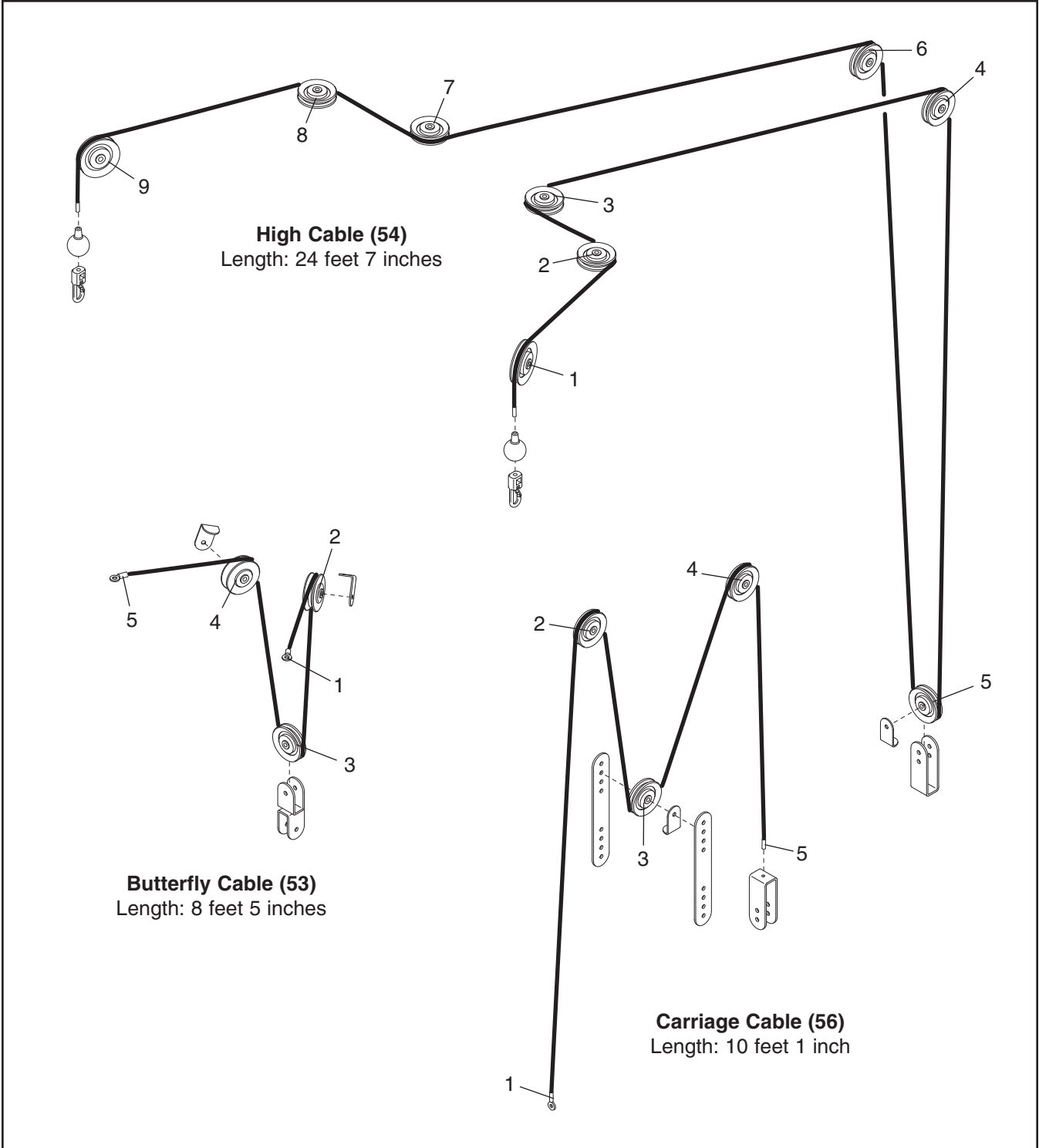
**Do not place weights on the Weight Carriage (12) when performing exercises that use the barbell.**

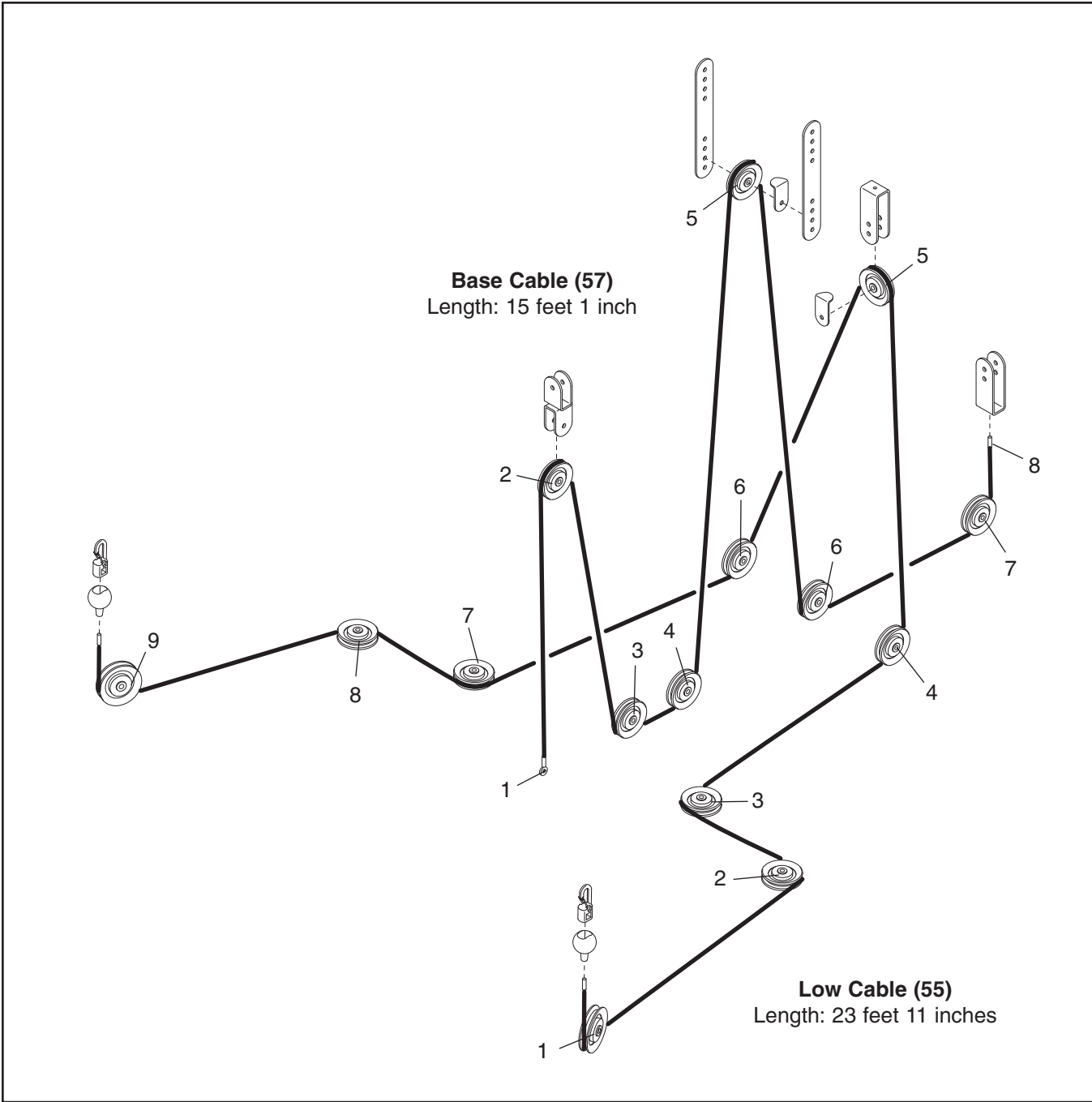
**⚠ WARNING:** Do not place more than 150 pounds on the Weight Carriage (12). Do not place more than 310 pounds, including the barbell, on the Weight Rests (15). Always place the same amount of weight on each side of the Weight Carriage or barbell. Always secure the weights to the Weight Carriage with Weight Clips (30).



# CABLE DIAGRAMS

The cable diagrams on the following pages show the proper routing of the Butterfly Cable (53), the High Cable (54), the Low Cable (55), the Carriage Cable (56), and the Base Cable (57). Use the diagrams to make sure that the cables have been assembled correctly. If the cables have not been correctly routed, the weight rack will not function properly and damage may occur. The numbers show the correct route for each cable.





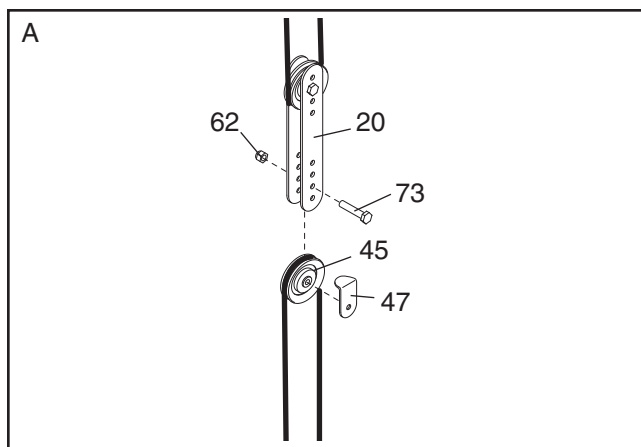
# TROUBLESHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time the weight rack is used. Replace any worn parts immediately. The weight rack can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

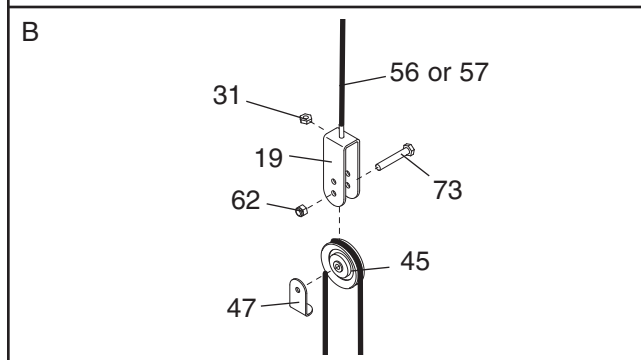
## TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight rack, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Make sure that the cables are not too tight, or the weight carriage will be lifted. Slack can be removed in the following ways.

**See drawing A.** Remove the M10 x 54mm Button Bolt (73) and the M10 Nylon Locknut (62) attaching the lower 3 1/2" Pulley (45) and the Short Cable Trap (47) to the Pulley Plates (20). Use the Bolt and Locknut to reattach the Pulley and Cable Trap to the next set of holes closer to the center of the Pulley Plates. Repeat until the cables are tight.

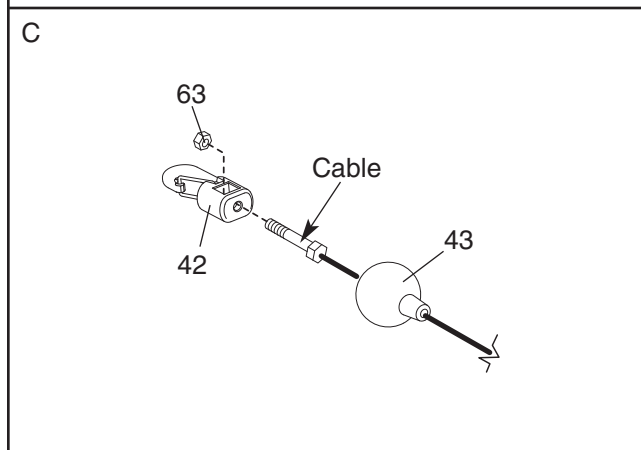


**See drawing B.** Remove the M10 x 54mm Button Bolt (73) and the M10 Nylon Locknut (62) attaching the 3 1/2" Pulley (45) and the Cable Trap (47) to a "U"-bracket (19). Use the Bolt and Locknut to reattach the Pulley and Cable Trap to the other set of holes in the "U"-bracket.



**See drawing B.** Tighten the M6 Nylon Locknut (63) onto the Carriage Cable (56) or the Base Cable (57) a couple of turns.

**See drawing C.** Additional slack can be removed from the cables by tightening a cable into the M6 Nylon Locknut (63) inside a Clip (42). To do this, pull the Clip Cover (43) back and use a pair of pliers or screwdriver to tighten the Locknut. Replace the Cover.



**Note:** If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual. **Replace all cables at least every two years.**

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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### MUSCLE BUILDING

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

### TONING

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

### WEIGHT LOSS

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### CROSS TRAINING

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.



Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

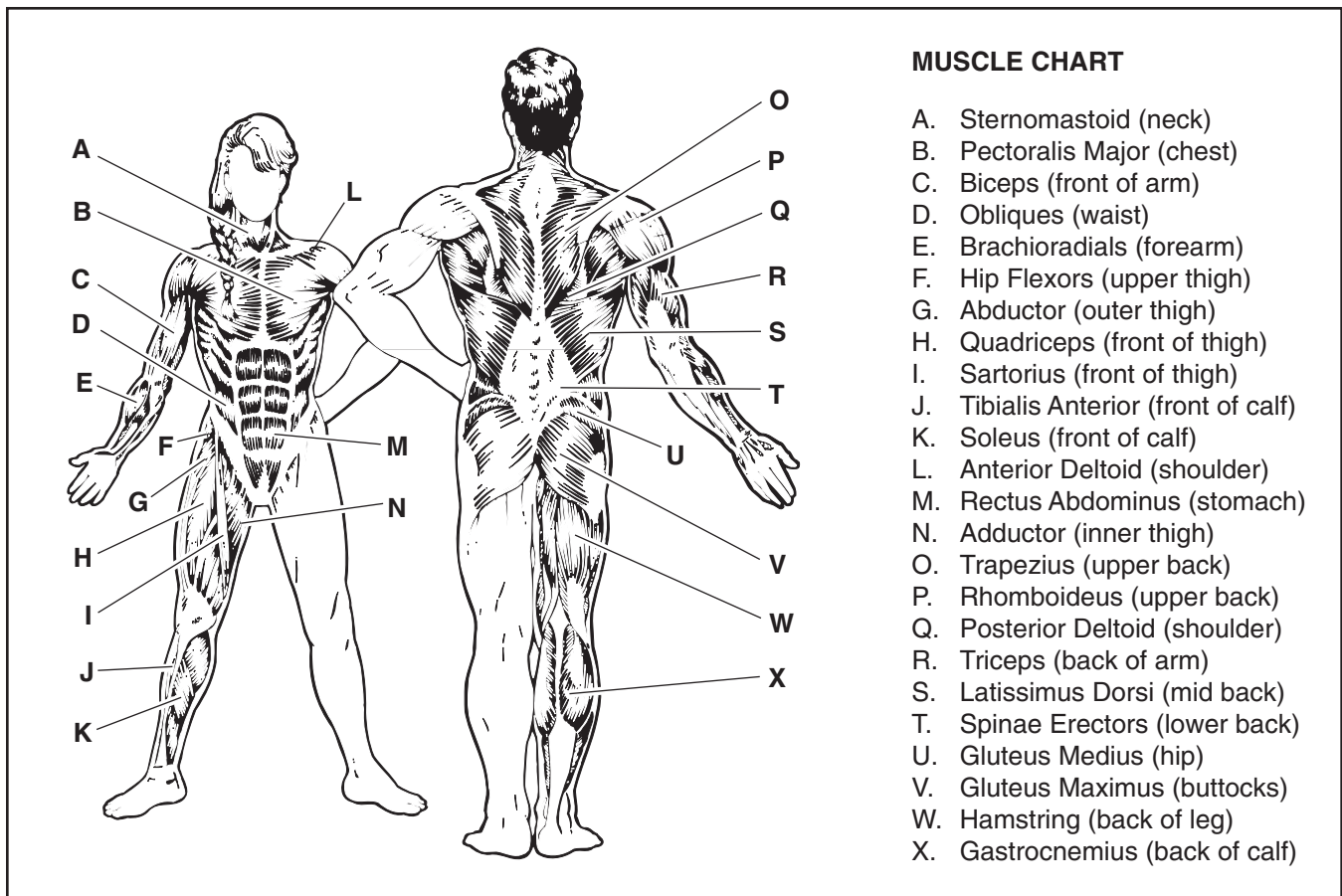
### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 26 and 27 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

---

**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

**REMOVE THIS PART IDENTIFICATION CHART AND PART LIST/  
EXPLODED DRAWING. SAVE THIS PART IDENTIFICATION CHART  
AND PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE.**

## PART LIST—Model No. NTB49030

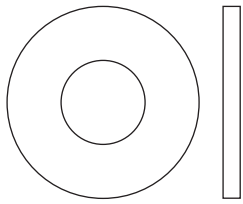
R0304A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	50	2	Angled Square Inner Cap
2	1	Center Top Frame	51	4	Round Bushing
3	1	Center Upright	52	4	Butterfly Bolt Cap
4	1	Rear Upright	53	1	Butterfly Cable
5	1	Right Upright	54	1	High Cable
6	1	Right Stabilizer	55	1	Low Cable
7	2	Side Top Frame	56	1	Carriage Cable
8	1	Right Butterfly Arm	57	1	Base Cable
9	1	Left Butterfly Arm	58	1	Right Butterfly Pad
10	1	Chin-up Bar	59	1	Left Butterfly Pad
11	1	Safety Spotter	60	1	Backrest
12	1	Weight Carriage	61	1	Pop Pin
13	1	Carriage Stop	62	59	M10 Nylon Locknut
14	4	Swivel Arm	63	6	M6 Nylon Locknut
15	2	Weight Rest	64	6	M10 x 192mm Button Bolt
16	1	Left Weight Rest Hook	65	46	M10 Washer
17	1	Right Weight Rest Hook	66	6	M6 Washer
18	2	Rack Plate	67	8	M4 x 16mm Screw
19	2	"U"-bracket	68	4	M6 x 63mm Screw
20	2	Pulley Plate	69	2	M6 x 70mm Screw
21	1	Double "U"-bracket	70	2	M10 x 36mm Button Bolt
22	1	Curl Bar	71	4	M10 x 120mm Button Bolt
23	2	25mm Round Inner Cap	72	4	M10 x 118mm Carriage Bolt
24	1	Ankle Strap	73	8	M10 x 54mm Button Bolt
25	2	Ab Strap	74	10	M10 x 48mm Button Bolt
26	1	Cable Clip	75	2	M10 x 58mm Button Bolt
27	1	Cable Tool	76	2	M10 x 112mm Bolt
28	2	Hand Strap	77	12	M10 x 70mm Button Bolt
29	2	Barbell Ring	78	9	M10 x 178mm Button Bolt
30	2	Weight Clip	79	4	M10 x 25mm Button Bolt
31	1	12" Extension Strap	80	1	M8 x 19mm Shoulder Bolt
32	2	Oval Cap	81	2	M8 x 45mm Shoulder Bolt
33	3	60mm Square Inner Cap	82	3	M8 Nylon Locknut
34	2	Top Frame Outer Cap	83	2	M4 x 10mm Screw
35	2	48mm Round Inner Cap	84	2	M6 x 13mm Button Screw
36	2	Weight Stop	85	1	Left Upright
37	4	Square Bushing	86	2	M10 x 65mm Button Bolt
38	2	Weight Bumper	87	4	Snap Ring
39	2	Stabilizer Outer Cap	88	2	Long Cable Trap
40	2	Short Swivel Rod	89	4	4" Pulley
41	8	Swivel Bearing	90	2	Long Swivel Rod
42	4	Clip	91	1	Right Spring
43	4	Clip Cover	92	1	Left Stabilizer
44	1	Left Spring	93	2	Butterfly Arm Cap
45	24	3 1/2" Pulley	94	2	M8 Washer
46	2	"V"-pulley	#	1	User's Manual
47	4	Short Cable Trap	#	1	Exercise Guide
48	8	7mm Spacer	#	1	Hex Key
49	6	12mm Spacer			

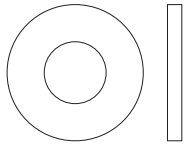
Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# PART IDENTIFICATION CHART—Model No. NTB49030

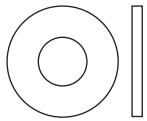
R0304A



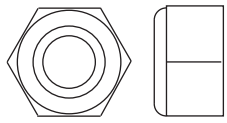
M10 Washer (65)



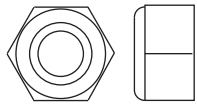
M8 Washer (94)



M6 Washer (66)



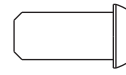
M10 Nylon Locknut (62)



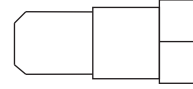
M8 Nylon Locknut (82)



M6 Nylon Locknut (63)



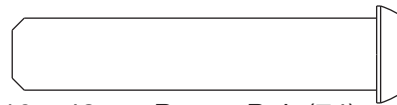
M6 x 13mm Button Screw (84)



M8 x 19mm Shoulder Bolt (80)



M8 x 45mm Shoulder Bolt (81)



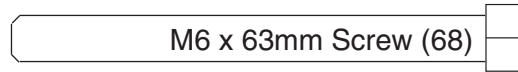
M10 x 48mm Button Bolt (74)



M10 x 54mm Button Bolt (73)



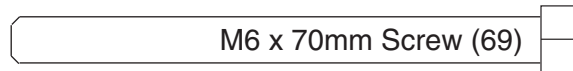
M10 x 58mm Button Bolt (75)



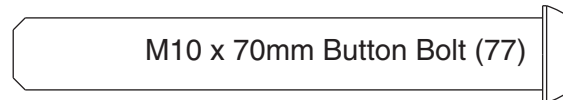
M6 x 63mm Screw (68)



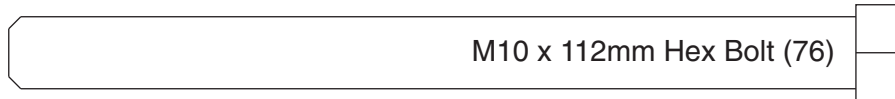
M10 x 65mm Button Bolt (86)



M6 x 70mm Screw (69)



M10 x 70mm Button Bolt (77)



M10 x 112mm Hex Bolt (76)



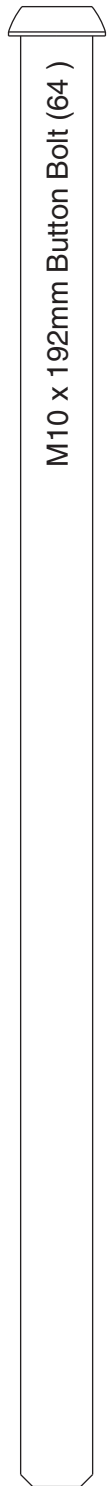
M10 x 120mm Button Bolt (71)



M10 x 118mm Carriage Bolt (72)



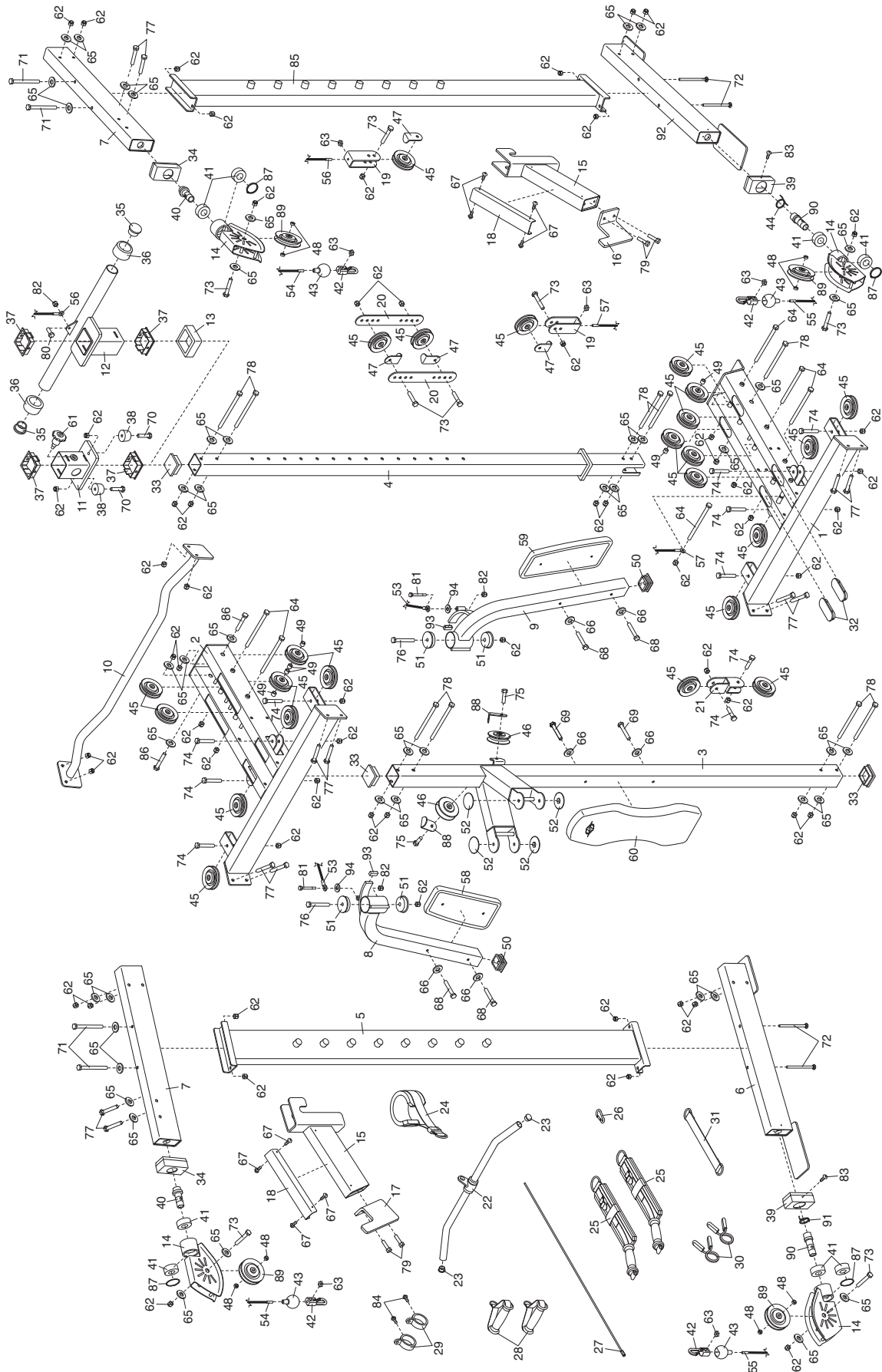
M10 x 178mm Button Bolt (78)



M10 x 192mm Button Bolt (64)

# EXPLODED DRAWING—Model No. NTB49030

R0304A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. MST (excluding holidays). Please be prepared to give the following information:

- The MODEL NUMBER of the product (NTB49030)
- The NAME of the product (NordicTrack® STRENGTH PERFORMANCE SYSTEM weight rack)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

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## LIMITED WARRANTY

**WHAT IS COVERED**—The entire NordicTrack® STRENGTH PERFORMANCE SYSTEM weight rack (“Product”) is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. (“ICON”), warrants the product frame for five years after the date of purchase. ICON warrants all other parts for one year after the date of purchase. Labor is covered for one year.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”).

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER’S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**